

## Chronic Sorrow / Depression / Coping Strategies

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### Depression

#### DSM-IV Criteria for Diagnoses

##### Major Depressive Disorder

At least five of the following symptoms have been present during the same two-week period and represent a change from previous functioning; at least one of the symptoms is either (1) depressed mood, or (2) loss of interest or pleasure. (Do not include symptoms that are clearly due to a physical condition, mood-incongruent delusions or hallucinations, incoherence, or marked loosening of associations.)

1. depressed mood (or can be irritable mood in children and adolescents) most of the day, nearly every day, as indicated either by subjective account or observation by others
2. markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated either by subjective account or observation by others of apathy most of the time)
3. significant weight loss or weight gain when not dieting (e.g. more than 5% of body weight in a month), or decrease or increase in appetite nearly every day (in children, consider failure to make expected weight gains)
4. insomnia or hypersomnia nearly every day
5. psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down)
6. fatigue or loss of energy nearly every day
7. feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day (not merely self-reproach or guilt about being sick)
8. diminished ability to think or concentrate, or indecisiveness, nearly every day (either by subjective account or as observed by others)
9. recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide

##### Dysthymia

- A. Depressed mood (or can be irritable mood in children and adolescents) for most of the day, more days than not, as indicated either by subjective account or observation by others, for at least two years (one year for children and adolescents)
- B. Presence, while depressed, of at least two of the following:
  1. poor appetite or overeating
  2. insomnia or hypersomnia
  3. low energy or fatigue
  4. low self-esteem
  5. poor concentration or difficulty making decisions
  6. feelings of hopelessness
- C. During a two-year period (one-year for children and adolescents) of the disturbance, never without the symptoms in A for more than two months at a time.
- D. No evidence of an unequivocal Major Depressive Episode during the first two years (one year for children and adolescents) of the disturbance.

#### Coping Strategies

Cognitive-Behavioral therapy  
Support groups, workbooks

Diet, exercise, sleep, sunshine  
Humor  
Set small, measurable goals for success  
Get yourself 'out' to be with people  
Monitor self-talk, outside influences  
Meds evaluation

### **Chronic Sorrow, Susan Roos**

**Definition:** A set of pervasive, profound, continuing and reoccurring grief responses resulting from a significant loss to whom there is a deep attachment

#### **Coping Strategies**

1. **unambiguous diagnosis / reliable about the disability**
2. **positive interactions and cooperative spirit in the family**
3. **sense of humor**
4. **develop resilience**
5. **self-care**
6. **avail themselves of services**
7. **stay focused on present and short-term goals**

