

## JOHN POLLITT'S DICHOTOMY OF PHYSIOLOGICAL AND PSYCHOLOGICAL DEPRESSION

1. DEPRESSED MOOD
2. MOTOR RETARDATION/  
RETARDED THINKING
3. DELUSIONS
4. SOMATIC SYMPTOMS/  
VEGETATIVE MANIFESTATIONS
5. DECREASED SEX DRIVE
6. LATE INSOMNIA
7. DECREASED APPETITE/  
WEIGHT LOSS
8. DIURNAL VARIATION

At least 3 of 8 present, proceed to 9  
Less than 3 of 8 present, proceed to 10

Probable Physiological Type S Depression  
Possible Psychological Type J Depression

9. MANIA/  
HYPOMANIA

Present, stop  
Absent, stop  
DEPRESSION

PSYCHIATRIC DISORDER  
PHYSIOLOGICAL      TYPE      S

10. DEPRESSED MOOD
11. PRECIPITATING FACTOR
12. DEPRESSIVE SYNDROME IN TEMPORAL  
CONNECTION WITH PRECIPITATING  
FACTOR

All 3 present, proceed to 13  
Less than 3 present, stop

Probable Psychological Type J Depression  
PSYCHIATRIC DISORDER

13. MANIA/  
HYPOMANIA

Present, stop  
Absent, stop  
DEPRESSION

PSYCHIATRIC DISORDER  
PSYCHOLOGICAL      TYPE      J

It consists of a total of 18 digits, based on 15 codes included in 13 variables organised into 4 decision clusters, yielding 2 diagnoses.

It is based on John Pollitt's paper entitled "Suggestions for a physiological classification of

depression," published in the *British Journal of Psychiatry* in 1965, in which depression was divided into physiological Type S depression and psychological Type J depression. In revised CODE-DD physiological Type S depression is characterised by depressed mood, motor retardation (retarded thinking), delusions, somatic symptoms (vegetative manifestations), decreased sex drive, late insomnia, decreased appetite (weight loss), and diurnal variation; and psychological Type J depression is characterised by depressed mood with an onset in temporal connection with precipitating factor.

POLLITT J (1965) SUGGESTIONS FOR A PHYSIOLOGICAL CLASSIFICATION OF DEPRESSION. BRIT. J PSYCHIAT 111: 489-495

JOHN POLLITT'S DICHOTOMY OF PHYSIOLOGICAL AND PSYCHOLOGICAL DEPRESSION

PHYSIOLOGICAL TYPE S DEPRESSION

PSYCHOLOGICAL TYPE J DEPRESSION