

JULES ANGST'S CRITERIA OF RECURRENT BRIEF DEPRESSION

1. ANHEDONIA/
DEPRESSED MOOD/
DYSPHORIA/
LACK OF INTEREST

Present, continue to 2
Absent, stop

Possible Recurrent Brief Depression
PSYCHIATRIC DISORDER

2. DECREASED APPETITE/
EXCESSIVE APPETITE/
WEIGHT GAIN/
WEIGHT LOSS
3. HYPERSOMNIA/
INSOMNIA
4. AGITATION/
MOTOR RESTLESSNESS/
MOTOR RETARDATION/
STUPOR
5. ANHEDONIA/
DECREASED SEX DRIVE/
LACK OF INTEREST
6. ASTHENIA/
FEELING OF LOSS OF VITALITY
7. FEELING OF GUILT/
FEELING OF INADEQUACY/
FEELING OF WORTHLESSNESS/
SELF-INCRIMINATION
8. DISTURBANCE OF CONCENTRATION/
RESTRICTED THINKING/
INDECISIVENESS/
RETARDED THINKING
9. LOSS OF DESIRE TO LIVE/
SUICIDAL TENDENCIES

At least 4 of 8 present, proceed to 10
Less than 4 of 8 present, stop

Possible Recurrent Brief Depression
PSYCHIATRIC DISORDER

10. IMPAIRMENT OF ADAPTATION AT WORK

Present, proceed to 11
Absent, stop

Possible Recurrent Brief Depression
PSYCHIATRIC DISORDER

11. BRIEF DURATION

Present, proceed to 12

Possible Recurrent Brief Depression

Absent, stop

PSYCHIATRIC DISORDER

12. FREQUENT RECURRENCE

Present, proceed to 13

Probable Recurrent Brief Depression

Absent, stop

PSYCHIATRIC DISORDER

13. MANIA/ HYPOMANIA

Present, stop

PSYCHIATRIC DISORDER

Absent, stop

RECURRENT BRIEF DEPRESSION

It consists of a total number of 34 digits based on 32 codes included in 13 variables organized into 6 decision clusters yielding 1 diagnosis.

It is based on Jules Angst's presentation at the XVIth CINP Congress in Munich (Germany) in 1988 and Angst, Merikanga, Scheidegger and Wick's paper, "Recurrent brief depression (RBD): a new subtype of affective disorder," published in the *Journal of Affective Disorder* in 1990, in which RBD is defined as a major depression which lasts less than two weeks and recurs once or more monthly for at least a period of one year. In revised CODE-DD, RBD is characterized by episodes of anhedonia (depressed mood, dysphoria or lack of interest) with decreased appetite (excessive appetite, weight gain or weight loss), hypersomnia (insomnia), agitation (motor restlessness, motor retardation or stupor), anhedonia (decreased sex drive or lack of interest), asthenia (feeling of loss of vitality), feeling of guilt (feeling of inadequacy, feeling of worthlessness or self-incrimination), disturbance of concentration (constricted thinking, indecisiveness or retarded thinking) and loss of desire to live (suicidal tendencies), which are of brief duration and frequent recurrence.

ANGST J, MERIKANGAS K, SCHEIDEGGER P, WICKI W (1990) RECURRENT BRIEF DEPRESSION: A NEW SUBTYPE OF AFFECTIVE DISORDER. JOURNAL OF AFFECTIVE DISORDERS 19: 87-98

Angst J, Dobler-Mikola A (1985) The Zurich Study: A prospective epidemiological study of depressive, neurotic and psychosomatic syndromes. IV Recurrent and non-recurrent brief depression. Eur Arch Psychiatry Neuro Sci 234: 408-416

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RECURRENT BRIEF DEPRESSION