

Age Group	Presentation	Differential Diagnosis
Children and adolescents	May not exhibit classic symptoms but may exhibit irritability, academic difficulties, or behavioral problems (Cleveland Clinic, 2018).	Attention-deficit hyperactivity disorder or conduct disorders
Adults	Classic symptoms, such as persistent sadness, anhedonia, changes in sleep and appetite, and feelings of guilt or hopelessness (American Psychiatric Association, 2022).	Bipolar disorder and other mood-related conditions (American Psychiatric Association, 2022)
Older adults	Somatic complaints, cognitive disturbances, or a decreased ability to function, rather than typical depressive symptoms (Devita et al., 2022).	Age-associated memory impairment or other neurocognitive disorders (Devita et al., 2022). In older adults, mood disorders, such as depression, can sometimes mimic symptoms of neurocognitive disorders.

Table 16.1 Mood Disorders by Age Group