

Type	Definition
Major depressive disorder (MDD)	Persistent feelings of sadness or a lack of interest in previously enjoyed activities Symptoms must last at least two weeks
Persistent depressive disorder (dysthymia)	Less severe than MDD but chronic, lasting for at least two years; there may be periods of improvement involved, but these periods last no longer than two months
Seasonal affective disorder (SAD)	Occurs at a specific time of year, usually in the winter months
Perinatal depression	Affects some women before or after giving birth; symptoms include extreme sadness, anxiety, and exhaustion, making it difficult for the new mothers to complete daily care activities for themselves or for others

**Table 16.2** Types of Depression