APPENDIX 1

Criteria for depression and anxiety disorders from *Diagnostic and Statistical Manual of Mental Disorders* , fourth revision

Depression

Major depression

Persistent low mood or loss of interest in most activities for at least two weeks, including some of the following, totalling at least five symptoms

- Weight change
- Altered sleep pattern
- Lack of energy
- Poor concentration
- Agitation
- Reduced self esteem
- Suicidal ideas or plans

Minor depression

Three or four symptoms for two or more weeks

Anxiety disorders

General features include

- Autonomic arousal
- Physiological reactivity
- Tremor or shaking
- Avoidance behaviour
- Hypervigilance

Panic disorder

Recurrent spontaneous panic attacks with anticipatory anxiety between attacks and closely associated with agoraphobia

Generalised anxiety disorder

Prolonged periods of excess worry and tension

Post-traumatic stress disorder

Intrusive flashbacks, hypervigilance, and avoidance behaviour after a traumatic stressor

Social anxiety disorder

Fears specific to social situations and characterised by fearfulness, excessive blushing, and avoidance behaviour