

Appendix 2. Medical conditions that commonly have associated symptoms of Major Depressive Disorder

Medical conditions that commonly have associated symptoms of Major Depressive Disorder are listed in the table below:

Medical Conditions	Relationship with Depressive Disorder
Stroke	There appears to be a sub group of depressed post-stroke patients whose Major Depressive Disorder is causally related to the extent of the brain injury; a family history of Major Depressive Disorder; premorbid subcortical atrophy; and premorbid or ongoing social factors.
Dementia	Symptoms of Major Depressive Disorder are often seen in patients with, or antecedent to, both cortical and subcortical dementia. In selecting treatment, it is prudent to assume that these symptoms are part of a depressive disorder until proven otherwise. If the symptoms do not reduce with treatment, a primary diagnosis of dementia should be entertained.
Metabolic and Endocrinological diseases (eg diabetes thyroid, parathyroid renal disease and vitamin B12 deficiency)	Major Depressive Disorder is more common in populations with metabolic and endocrinological disorders and is likely to be unrecognised and untreated. As Major Depressive Disorder will reduce compliance and effectiveness of the treatment of the primary disorder it is recommended that all patients are screened and, as necessary, assessed and treated for Major Depressive Disorder.
Coronary Artery Disease especially post myocardial infarction (heart attack)	The relationship between Major Depressive Disorder and increased morbidity and mortality is well documented in both post-myocardial infarction and in coronary artery disease without myocardial infarction. Given this higher morbidity and the fact that most patients do not develop a Major Depressive Disorder, screening and, as necessary, assessment and treatment is indicated.
Cancer	Major Depressive Disorder occurs in approximately 25% of patients with cancer and is even more common in advanced cancers. Symptoms of persistent dysphoria, feelings of helplessness and worthlessness, loss of self esteem, and wish to die are the most reliable indicators of clinical Major Depressive Disorder in this setting. Depressed mood is a common side effect of the drugs used to treat cancer.
Chronic Fatigue Syndrome	Neuropsychiatric and neuroendocrine features associated with CFS may mirror those of Major Depressive Disorder, including: apathy, withdrawal, loss of energy, and approximately 20% of patients with CFS will have experienced a depressive disorder. A thorough assessment is required to differentiate between a depressive disorder and the formal Chronic Fatigue Syndrome.
HIV - AIDS	Depression is common in these conditions, particularly following the initial positive HIV test and around the formal diagnosis of AIDS, although it can occur at any stage of the disorder. Those ill with AIDS are more prone to side effects of antidepressants.
Fibromyalgia	Research suggests significantly higher rates of Major Depressive Disorder in patients with Fibromyalgia. Assessment is indicated in all cases of Fibromyalgia and any Major Depressive Disorder treated separately from the physical disorder.

Adapted from the US Department of Health Guidelines Major Depressive Disorder in Primary Care.