

DIFFERENCES BETWEEN MILD, MODERATE, AND SEVERE DEPRESSION

Mild

- Anger
- Hopelessness
- Fatigue
- Insomnia
- Lack of Interest

Moderate

- Excessive worrying
- Feeling unworthy
- Increased sensitivity
- Lack of self-esteem
- Social isolation

Severe

- Delusions
- Hallucinations
- Suicidal thoughts
- Excessive lethargy
- Reduced quality of life

Severe And Mild Depression

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