Emotional symptoms
- Feelings of sadness, hopelessness, helplessness, guilt, emptiness, or worthlessness
- Feeling emotionally disconnected from others
- Turning away from other people

Behavioral symptoms
- Dejected facial expression
- Makes less eye contact; eyes downcast
- Smiles less often
- Slowed movements, speech, and gestures
- Tearfulness or spontaneous episodes of crying
- Loss of interest or pleasure in usual activities, including sex
- Withdrawal from social activities

Cognitive symptoms
- Difficulty thinking, concentrating, and remembering
- Global negativity and pessimism
- Suicidal thoughts or preoccupation with death

Physical symptoms
- Changes in appetite resulting in significant weight loss or gain
- Insomnia, early morning awakening, or oversleeping
- Vague but chronic aches and pains
- Diminished sexual interest
- Loss of physical and mental energy
- Global feelings of anxiety
- Restlessness, fidgety activity