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Core Symptoms of Depression and Possible Presentation in Individuals with an IDD

| Core symptoms of depression | Possible presentation in individuals with IDD (DM-ID) |
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| General feeling of sadness and depressed mood | Lack of emotional reactions, or flat affect, which means a lack of emotion or expression on face, decreased smiling or laughing, excessive crying, appearing tearful, or general irritability |
| Reduced interest in activities; fatigue | Unresponsiveness to preferred staff/people, spending more time than normal in room, not wanting to do things that are usually enjoyable. |
| Weight Changes | Changes in eating routines like not coming to the table or eating much less or more |
| Sleep Changes | Tantrum-like behavior during bed time or sleeping much less or more |
| Feelings of worthlessness | Increased need for reassurance, such as asking frequent questions repeatedly; Appearing to tire quickly; Saying things such as, "I'm dumb", "I'm stupid" |
| Difficulty concentrating, restlessness | Increase in aggression or self-injury, increased vocalizations and movements such as pacing, decreased attention span. |
| Thoughts of death | For individuals with mild to moderate IDD, there may be a pre-occupation with and frequent discussion of the death of self, family, friends, pets or even a focus on funerals Impulsive threats to harm self or unconventional attempts at suicide may occur including running in front of traffic or jumping from windows. |