

ADOLF MEYER'S CLASSIFICATION OF HYPOTHYMERGESIAS

1. ANXIOUS MOOD/
DEPRESSED MOOD
2. ABULIA/
LACK OF DRIVE
3. ASTHENIA/
DISTURBANCE OF VITAL BALANCE/
FEELING OF LOSS OF VITALITY
4. DISTURBANCE OF CONCENTRATION/
MOTOR RETARDATION/
RETARDED THINKING
5. DECREASED APPETITE/
DECREASED SEX DRIVE/
INSOMNIA/
WEIGHT LOSS
6. FEELINGS OF GUILT/
FEELING OF HELPLESSNESS/
FEELING OF HOPELESSNESS/
FEELING OF INADEQUACY/
FEELING OF WORTHLESSNESS/
SELF-INCRIMINATION

At least 2 of 6 present, proceed to 7
Less than 2 of 6 present, stop

Possible Stuporous Depressive Reaction
PSYCHIATRIC DISORDER

7. STUPOR

Present, proceed to 8
Absent, proceed to 9

Probable Stuporous Depressive Reaction
Possible Puzzled-Confusional Depressive
Reaction

8. MANIA/ HYPOMANIA

Present, stop
Absent, stop

PSYCHIATRIC DISORDER
STUPOROUS.DEPRESSIVE
REACTION

9. PERPLEXITY
10. DEPERSONALISATION

Both present, proceed to 11

Less than 2 present, proceed to 12

Probable Puzzled-Confusional
Depressive Reaction
Possible Anxious Agitated Depressive
Reaction

11. MANIA/

HYPOMANIA

Present, stop
Absent, stop

PSYCHIATRIC DISORDER
PUZZLED-CONFUSIONAL
DEPRESSIVE REACTION

12. ANXIETY/
ANXIOUS MOOD
13. AGITATION/
MOTOR RESTLESSNESS
14. FEELING OF EMPTINESS/
SELF-INCRIMINATION

At least 2 of 3 present, proceed to 15

Probable Anxious-Agitated Depressive
Reaction

Less than 2 of 3 present, proceed to 16

Possible Catathymic Depressive
Reaction

15. MANIA/
HYPOMANIA

Present, stop
Absent, stop

PSYCHIATRIC DISORDER
ANXIOUS-AGITATED DEPRESSIVE
REACTION

16. RUMINATION
17. COMPLAINTIVENESS
18. DRIVEN COMPLAINTIVENESS

At least 2 of 3 present, proceed to 19

Probable Catathymic Depressive
Reaction

Less than 2 of 3 present, proceed to 20

Possible Aversive-Peevish Depressive
Reaction

19. MANIA/
HYPOMANIA

Present, stop
Absent, stop

PSYCHIATRIC DISORDER
CATATHYMIC DEPRESSIVE
REACTION

20. PEEVISHNESS
21. AVERSION
22. WITHDRAWAL

At least 2 of 3 present present, proceed to 23

Probable Aversive-Peevish Depressive
Reaction

Less than 2 of 3 present, proceed to 24

Possible Depressive Reaction with
Tension

23. MANIA/
HYPOMANIA

Present, stop
Absent, stop

PSYCHIATRIC DISORDER
AVERSIVE-PEEVISH DEPRESSIVE
REACTION

24. TENSION

Present, proceed to 25

Probable Depressive Reaction with
Tension

Absent, proceed to 26

Probable Simple Depressive Reaction

25. MANIA/
HYPOMANIA

Present, stop
Absent, stop

PSYCHIATRIC DISORDER
DEPRESSIVE REACTION WITH
TENSION

26. MANIA/
HYPOMANIA

Present, stop
Absent, stop

PSYCHIATRIC DISORDER
SIMPLE DEPRESSIVE REACTION

It consists of a total number of 50 digits, based on 36 codes, included in 26 variables, organised into 14 decision clusters, yielding 7 diagnoses.

It is based on Edward G. Billings notes, taken during Adolf Meyer's lectures on psychobiology 1931-1934, presented in his book entitled *A Handbook of Elementary Psychobiology and Psychiatry*, published in 1939, in which hypothymergesias are divided into stuporous depressive reactions, puzzled-confusional depressive reactions, anxious-agitated depressive reactions, catathymic depressive reactions, aversive-peevisish depressive reactions, depressive reactions with tension and simple depressive reactions. In revised CODE-DD simple depressive reaction is characterised by anxious mood (depressed mood), abulia (lack of drive), asthenia (disturbance of vital balance, or loss of vitality), disturbance of concentration (motor retardation, or retarded thinking), decreased appetite (decreased sex drive, insomnia, or weight loss), and feeling of guilt (feeling of helplessness, feeling of hopelessness, feeling of inadequacy, feeling of worthlessness, or self-incrimination); stuporous depressive reaction by the syndrome of simple depressive reaction with stupor; puzzled-confusional depressive reaction by the syndrome of simple depressive reaction with perplexity and depersonalisation; anxious-agitated depressive reaction by the syndrome of simple depressive reaction with anxiety (anxious mood), agitation, or motor restlessness), and feeling of emptiness (self-

incrimination); catathymic depressive reaction by the syndrome of simple depressive reaction with rumination (complaintiveness), and driven complaintiveness; aversive-peevisish depressive reaction by the syndrome of simple depressive reaction with peevisishness, aversion, and withdrawal; depressive reaction with tension by the syndrome of simple depressive reaction with tension.

BILLINGS EG (1939) *A HANDBOOK OF ELEMENTARY PSYCHOBIOLOGY AND PSYCHIATRY*. THE MACMILLAN COMPANY, NEW YORK

ADOLF MEYER'S CLASSIFICATION OF HYPOTHYMERGESIAS

STUPOROUS DEPRESSIVE REACTION

PUZZLED-CONFUSIONAL DEPRESSIVE REACTION

ANXIOUS-AGITATED DEPRESSIVE REACTION

CATATHYMIC DEPRESSIVE REACTION

AVERSIVE-PEEVISH DEPRESSIVE REACTION

DEPRESSIVE REACTION WITH TENSION

SIMPLE DEPRESSIVE REACTION