

HUBERTUS TELLENBACH'S CLASSIFICATION OF MELANCHOLIA

1. CONSCIENTIOUSNESS/
HYPOCHONDRIASIS/
OBSESSIONAL

Present, proceed to 2
Absent, stop

Possible Typus Melancholicus
PSYCHIATRIC DISORDER

2. DEPRESSED MOOD/
ANXIOUS MOOD/
DEPRESSIVE EVALUATIONS

Present, proceed to 3

Possible Monopolar Endogenous
Melancholia

Absent, proceed to 14

Probable Typus Melancholicus

3. FEELING OF INADEQUACY
4. ANGUISH/
ANXIETY
5. FEELINGS OF GUILT
6. ANHEDONIA
7. MOTOR RETARDATION/
STUPOR
8. INSOMNIA
9. WORSE IN THE MORNING
10. ABULIA
11. DECREASED APPETITE/
DECREASED SEX DRIVE

At least 3 of 9 present, proceed to 12

Possible Monopolar Endogenous
Melancholia

Less than 3 of 9 present, proceed to 14

Probable Typus Melancholicus

12. PRECIPITATING FACTOR/
LOSS OF LOVED ONE

Present, proceed to 13

Probable Monopolar Endogenous
Melancholia

Absent, proceed to 14

Probable Typus Melancholicus

13. MANIA/
HYPOMANIA

Present, stop
Absent, stop

PSYCHIATRIC DISORDER
MONOPOLAR ENDOGENOUS

MELANCHOLIA

14. MANIA/
HYPOMANIA

Present, stop
Absent, stop

PSYCHIATRIC DISORDER
TYPUS MELANCHOLICUS

It consists of a total number of 24 digits based on 22 codes included in 14 variables organized into 6 decision clusters, yielding 2 diagnoses.

It is based on Hubert Tellenbach's book *Melancholie*, written by 1974, in which he postulates that the Typus melancholicus is prerequisite for Endogenous melancholia which is considered to be a reaction to a precipitating factor. In revised CODE-DD Typus melancholicus is characterized by conscientious (hypochondriasis and obsessional) and endogenous monopolar melancholia depressed mood (or anxious mood, or depressive evaluation), feeling of inadequacy, anguish (or anxiety), feeling of guilt, anhedonia, motor retardation (or stupor), insomnia, worse in the morning, abulia, decreased appetite (decreased sex drive) with a precipitating factor (or loss of loved one).

HUBERTUS TELLENBACH. MELANCHOLIE. BERLIN, SPRINGER-VERLAG (1974)
pp. 145-183/196-206

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TYPUS MELANCHOLICUS

MONOPOLAR ENDOGENOUS MELANCHOLIA