

GEORGE WINOKUR'S CLASSIFICATION OF DEPRESSION

1. ANXIOUS MOOD/
DEPRESSED MOOD/
DYSPHORIA

Present, proceed to 2
Absent, stop

Possible Primary Depression
PSYCHIATRIC DISORDER

2. DECREASED APPETITE/
WEIGHT LOSS
3. HYPERSOMNIA/
INSOMNIA
4. ASTHENIA/
LACK OF DRIVE/
FEELING OF LOSS OF VITALITY
5. AGITATION/
MOTOR RESTLESSNESS/
MOTOR RETARDATION/
STUPOR
6. APATHETIC INDIFFERENCE/
DECREASED SEX DRIVE/
LACK OF INTEREST
7. FEELINGS OF GUILT/
SELF-INCRIMINATION
8. DISTURBANCE OF CONCENTRATION/
RETARDED THINKING
9. DESIRE TO DIE/
LOSS OF DESIRE TO LIVE/
SUICIDAL TENDENCIES

At least 4 of 8 present, proceed to 10
Less than 4 of 8 present, stop

Possible Pure Depression
PSYCHIATRIC DISORDER

10. ACCEPTABLE DURATION

Present, proceed to 11
Absent, stop

Possible Pure Depression
PSYCHIATRIC DISORDER

11. NON-AFFECTIVE PSYCHOTIC
PSYCHIATRIC ILLNESS
12. DEPRESSIVE SYNDROME IN TEMPORAL
CONNECTION WITH NON-AFFECTIVE
PSYCHOTIC PSYCHIATRIC ILLNESS

Less than 2 present, proceed to 13

Possible Pure Depression

Both present, stop	PSYCHIATRIC DISORDER
13. MEDICAL ILLNESS	
14. DEPRESSIVE SYNDROME IN TEMPORAL CONNECTION WITH MEDICAL ILLNESS	
Less than 2 present, proceed to 15	Possible Pure Depression
Both present, stop	PSYCHIATRIC DISORDER
15. GENETICALLY PURE	
Present, proceed to 16	Probable Pure Depression
Absent, proceed to 17	Possible Depressive Spectrum Disease
16. MANIA/ HYPOMANIA	
Present, stop	PSYCHIATRIC DISORDER
Absent, stop	PURE DEPRESSION
17. GENETICALLY ON SPECTRUM	
Present, proceed to 18	Probable Depressive Spectrum Disease
Absent, proceed to 19	Probable Sporadic Depression
18. MANIA/ HYPOMANIA	
Present, stop	PSYCHIATRIC DISORDER
Absent, stop	DEPRESSIVE SPECTRUM DISEASE
19. MANIA/ HYPOMANIA	
Present, stop	PSYCHIATRIC DISORDER
Absent, stop	SPORADIC DEPRESSION

It consists of a total number of 37 digits, based on 33 codes included in 19 variables organised into 10 decision clusters, yielding 3 diagnoses.

It is based on George Winokur's paper on "The development of familial subtypes in primary unipolar depression," published in *Pharmacopsychiatry* in 1981 in which depression was divided into three genetically distinct forms: pure depression, depressive spectrum disease and sporadic depression. In revised CODE-DD pure depression is characterised by anxious mood (depressed mood or dysphoria) of acceptable duration with decreased appetite (weight loss), hypersomnia (insomnia), asthenia (lack of drive, or loss of vitality), agitation (motor restlessness, motor retardation or stupor), apathetic indifference (decreased sex drive or lack of

interest), feeling of guilt (self-incrimination), disturbance of concentration (retarded thinking) and desire to die (loss of desire to live, suicidal tendencies) if genetically pure; depression spectrum disease by anxious mood (depressed mood or dysphoria) of acceptable duration with decreased appetite (weight loss), hypersomnia (insomnia), asthenia (lack of drive or loss of vitality), agitation (motor restlessness, motor retardation or stupor), apathetic indifference (decreased sex drive or lack of interest), feelings of guilt (self-incrimination), disturbance of concentration (retarded thinking) and desire to die (loss of desire to live, suicidal tendencies) if genetically on spectrum; and sporadic depression by anxious mood (depressed mood or dysphoria) of acceptable duration with decreased appetite (weight loss), hypersomnia (insomnia), asthenia (lack of drive or loss of vitality), agitation (motor restlessness, motor retardation or stupor), apathetic indifference (decreased sex drive or lack of interest), feeling of guilt (self-incrimination), disturbance of concentration (retarded thinking) and desire to die (loss of desire to live suicidal tendencies) in the absence of genetically pure and genetically on spectrum.

WINOKUR G (1981) THE DEVELOPMENT AND VALIDITY OF FAMILIAL SUBTYPES IN PRIMARY UNIPOLAR DEPRESSION. PHARMACOPSYCHIAT 36: 142-146

Feighner J, Robins E, Guz SB, Woodruff JP, Winokur G, Munoz R (1972) Diagnostic criteria for use in psychiatric research. Arch Gen Psychiat 26: 57-63

Winokur G, Cadoret R, Dorzab J, Baker M (1971) Depressive disease. A genetic study. Arch Gen Psychiat 24: 135-144

Winokur G (1972) Depression spectrum disease: Description and family study. Comprehensive Psychiatry 13: 3-8

Winokur G (1979) Unipolar depression. Is it divisible into autonomous subtypes? Arch Gen Psychiat 36: 47-52

Andreasen N, Winokur G (1979) Newer experimental methods for classifying depression. Arch Gen Psychiat 36: 447-452

GEORGE WINOKUR'S CLASSIFICATION OF DEPRESSION

PURE DEPRESSION

DEPRESSIVE SPECTRUM DISEASE

SPORADIC DEPRESSION