

TIMOTHY BRIGHT'S CLASSIFICATION OF MELANCHOLIA

1. APATHETIC INDIFFERENCE/
DEPRESSIVE EVALUATIONS/
UNMOTIVATED DEPRESSED MOOD/
UNMOTIVATED DYSPHORIA

Present, proceed to 2
Absent, proceed to 5

Possible Unnatural Melancholia
Possible Natural Melancholia

2. AGITATION/
DELUSIONS/
HALLUCINATIONS/
STUPOR

Absent, proceed to 3
Present, proceed to 4

Possible Unnatural Melancholia
Probable Unnatural Melancholia

3. DISTURBANCE OF CONCENTRATION/
RESTRICTED THINKING/
MOTOR RETARDATION/
MOTOR RESTLESSNESS/
RETARDED THINKING

Present, proceed to 4
Absent, proceed to 12

Probable Unnatural Melancholia
Possible Natural Melancholia

4. MANIA/
HYPOMANIA

Present, stop
Absent, stop

PSYCHIATRIC DISORDER
UNNATURAL MELANCHOLIA

5. DEPRESSED MOOD
6. DYSPHORIA
7. FEELING OF HELPLESSNESS
8. FEELING OF HOPELESSNESS
9. INDECISIVENESS
10. IRRITABILITY
11. PESSIMISTIC OUTLOOK

At least 2 of 7 present, proceed to 13
Less than 2 of 7, stop

Probable Natural Melancholia
PSYCHIATRIC DISORDER

12. FEELING OF HELPLESSNESS/

FEELING OF HOPELESSNESS/
INDECISIVENESS/
IRRITABILITY/
PESSIMISTIC OUTLOOK

Present, proceed to 13
Absent, stop

Probable Natural Melancholia
PSYCHIATRIC DISORDER

13. MANIA/
HYPOMANIA

Present, stop
Absent, stop

PSYCHIATRIC DISORDER
NATURAL MELANCHOLIA

It consists of a total number of 29 digits, based on 22 codes included in 13 variables organized into 7 decision clusters, yielding to 2 diagnoses.

It is based on Timothy Bright's book *A Treatise of Melancholie*, published in 1586, in which melancholia is separated into natural melancholia or Galenic temperament, and unnatural melancholia, a severe mental illness, which, on the basis of etiological consideration, is divided into four types, i.e., melancholia due to black bile, melancholia due to yellow bile, melancholia due to changes in the blood and melancholia due to changes of the phlegm.

In revised CODE-DD only the distinction between natural melancholia and unnatural melancholia is retained, and natural melancholia is characterized by disturbance of concentration (constricted thinking, motor retardation, motor restlessness, or retarded thinking) with depressed mood, dysphoria, feeling of helplessness, feeling of hopelessness, indecisiveness, irritability or pessimistic outlook); unnatural melancholia is characterized by apathetic indifference (depressive evaluations, unmotivated depressed mood, or unmotivated dysphoria) with agitation (delusions, hallucinations or stupor).

BRIGHT T. (1969) A TREATISE OF MELANCHOLIE. LONDON 1586. DA CAPO PRESS:
AMSTERDAM.

TIMOTHY BRIGHT'S CLASSIFICATION OF MELANCHOLIA

UNNATURAL MELANCHOLIA
NATURAL MELANCHOLIA