

Dysthymia

Dysthymia is a mood disorder with similar symptoms as a depressive syndrome , but with less intensity of a depressive episode. In the International Statistical Classification of Diseases ICD-10: F34.1 (<https://mkn10.uzis.cz/prohlizec/F34.1>) among persistent affective disorders.

The development of dysthymia tends to be inconspicuous, people are sad, they point to negative events such as rising gas or electricity prices, etc. They tend to be pessimistic and look at the world with considerable skepticism.

For the diagnosis, it is necessary that this mild depression lasts **for at least two years** and that the patient feels it as **a subjective burden**. It is necessary to distinguish dysthymia from pessimism itself as a personality trait. In pessimism, that sadness is not present.

Treatment can be combined **pharmacotherapy** with **psychotherapy**

F34.1 (<https://mkn10.uzis.cz/prohlizec/F34.1>)

Template:MeSH ID

Template:MedlinePlus

Dysthymia	
Dysthymia	
Risk factors	cyclothymia, alcohol, drugs
Classification and references	
ICD	F34.1
MeSH ID	D019263
MedlinePlus	000918

Links

Related articles

- Cyclothymia

References

- Psychiatrické centrum Praha. . *Duševní poruchy a poruchy chování (MKN-10)*. 2. edition. Psychiatrické centrum Praha, 1992. ISBN 80-85121-44-1.
- – MAHNKOPF, Angela. *Psychiatrie učebnice pro studium a praxi*. 1. edition. Grada, 2000. ISBN 80-7169-964-0.