



**Mental Health Association of Tarrant County**  
**3136 West 4<sup>th</sup> Street**  
**Fort Worth, TX 76107**  
**817-335-5405/www.mhatc.org**

## Dysthymia

### What is Dysthymia?

Dysthymia (the Greek roots of the word mean *ō*bad state of mind*ō* or *ō*ill humor*ō*) is a disorder with similar but longer-lasting and milder symptoms than clinical depression. By the standard psychiatric definition, this disorder lasts for at least two years, but is less disabling than major depression; for example, victims are usually able to go on working and do not need to be hospitalized.

### How Common Is It?

About three percent of the population will suffer from dysthymia at some time - a rate slightly lower than the rate of major depression. Like major depression, dysthymia occurs twice as often in women as it does in men. It is also more common among the poor and the unmarried. The symptoms usually appear in adolescence or young adulthood but in some cases do not emerge until middle age.

### Warning Signs

The warning signs of dysthymia are:

- Poor school/work performance
- Social withdrawal
- Shyness
- Irritable hostility
- Conflicts with family and friends
- Physiological abnormalities
- Sleep irregularities
- Parents with major depression

At least three-quarters of people with dysthymia have some other psychiatric or medical disorder as well.

### Current Treatments for Dysthymia

#### *Therapy:*

- Psychotherapy or cognitive therapy (also known as *ō*talk therapy*ō*) is used to alter people *ō*s self-defeating thoughts.
- Behavioral therapy may help people learn how to act in a more *ō*positive approach*ō* to life and to communicate better with friends, family, and co-workers.

#### *Medications:*

Antidepressants, the standard treatment for major depression, may be useful for dysthymia. In many cases, the symptoms are hard to recognize and classify, and the response to treatment is unpredictable. Most people with dysthymia see only their family doctor, who may misdiagnose them, especially if the main complaints are physical. Many people do not think of themselves as depressed, and are relieved to be told they have a treatable illness. Unfortunately, mental health professionals are usually consulted only when major depression develops, although dysthymia alone may lead to alcoholism or suicide. Even when it is recognized, dysthymia is difficult to treat. The longer a depression lasts the slower the recovery.

**For More Information:**

Contact the Mental Health Association of Tarrant County, 817-335-5405, [www.mhatc.org](http://www.mhatc.org), your community mental health center, or the:

**National Mental Health Association**

2001 N. Beauregard Street, 12th Floor

Alexandria, VA 22311

Phone 703/684-7722

Fax 703/684-5968

[Mental Health Resource Center](#) 800/969-NMHA

TTY Line 800/433-5959

**National Foundation for Depressive Illness (NFDI)**

PO Box 2257

New York, NY 10016

Phone: (800) 248-4344

**Depression Awareness, Recognition, and Treatment (DART)**

**National Institute of Mental Health**

5600 Fishers Lane, Room 10-85

Rockville, MD 20857-8030

Phone: (800) 421-4211

**American Psychiatric Association**

1400 K Street, NW

Suite 501

Washington, DC 20005

Phone: (202) 682-6000