WHAT ARE THE "ROAM" SYMPTOMS OF DEPRESSION?

Depression affects

MOOD
Feeling sad, irritable, empty, hopeless

ENERGY
Unrest or fatigue, changed activity levels

INTEREST
Lack of enjoyment of favorite people or activities

EATING
Change in habits, whether too much or too little

SELF-WORTH
Lower sense of self, feelings of guilt

SLEEPING
Change in habits, whether too much or too little

Depression also affects thinking

REASONING
ORGANIZATION
ATTENTION
MEMORY

If you've noticed issues in yourself or a loved one like forgetfulness, trouble making decisions, distractedness, or problems with planning, organizing, or analyzing, these may be related to depression.

Problems related to thinking—also known as "cognitive impairment"—are common with depression.

Thinking issues can affect performance at work or school. Family relationships may suffer when one person is forgetful, inattentive, or indecisive. Cognitive impairment can also reinforce the negative thoughts that often accompany depression, having the effect of deepening the depression. We refer to these thinking symptoms by the acronym ROAM, for Reason, Organization, Attention, and Memory. Cognitive issues may persist even when other symptoms are well managed.

CAN ANYTHING BE DONE TO HELP WITH ROAM ISSUES?

Yes! There are techniques that can help maintain functioning even with these thinking issues. Supports and strategies can help people with depression better manage their lives and aid recovery by reducing negative thoughts. Medication may also help. Learn about which interventions may be appropriate by talking with a healthcare provider.

Sometimes these problems are side effects of medication, but often these thinking issues are part of the depression. Your healthcare provider can help figure it out.

COGNITIVE IMPAIRMENT CAN HAVE OTHER CAUSES.

Your healthcare provider can rule out other possibilities, such as

• Stress

• Not enough sleep

• Attention deficit disorder

• Dementia

• Substance use

• Another mental health or neurological condition