

Biographical sketch

T. Byram Karasu, M.D. graduated from Yale University School of Medicine, Department of Psychiatry in 1969. He is presently Silverman Professor and the University Chairman of the Department of Psychiatry & Behavioral Sciences at Albert Einstein College of Medicine and Psychiatrist-in-Chief at Montefiore Medical Center. The author or editor of 21 books, author or co-author of more than 100 papers, Dr. Karasu is Editor-in-Chief emeritus of the *American Journal of Psychotherapy*. He is a Distinguished Life Fellow of the American Psychiatric Association (APA) and has been the recipient of numerous awards, including the APA's Presidential Commendation.

From 1979-1983, Dr. Karasu chaired the APA's Commission on Psychiatric Therapies, which produced a critical review of psychosocial and somatic therapies. In 1981, Dr. Karasu was appointed chairman of another national task force comprised of over 400 scholars, researchers, and clinicians with the goal of producing a seminal document describing the treatment of each psychiatric disorder. This four-volume report, *Treatments of Psychiatric Disorders*, published in May 1989, has been praised as being: "...twenty-five years ahead of its time," *Atlantic Monthly* and "the best psychiatric book ever," *Contemporary Psychiatry*.

From 1991-1993, Dr. Karasu chaired the APA's Work Group on Major Depressive Disorders, and in April 1993, its findings were published in *Practice Guideline for Major Depressive Disorder in Adults*. A revised edition of this work was published in April 2000.

His latest book, *Life Witness: Transcendental Evolution of the Psychotherapist* is praised as:

This extraordinary volume offers a profound and moving analysis of the spiritual potential of psychotherapy—a fundamental contribution to therapists of all traditions. ... *Life Witness* demonstrates psychotherapy at its best.—Otto F. Kernberg, MD, author of, *Love and Aggression*

With four decades of clinical experience under his belt, with painstaking and meticulous study of diverse psychotherapeutic techniques, and with impressive credentials as an author and editor, Dr. Karasu takes us on an enlightening journey of the growth and maturation of a psychotherapist. ... This is powerful stuff indeed!—Salman Akhtar, MD, author of, *Quest for Answers*

Life Witness is a profound overview—thorough, penetrating, and witty—of the practice of psychotherapy. I continue to be amazed and enlightened by Byram Karasu's blend of intelligence and compassion. He is a therapist's therapist ... —Thomas Moore, PhD author of, *Care of the Soul*

T. Byram Karasu has written a remarkable book about the evolution of psychotherapeutic expertise or know-how. ... Karasu gives us a rich description of this evolution and an apt vision of psychotherapy as a form of applied philosophy. —Robert D. Stolorow, PhD, author of, *World, Affectivity, Trauma: Heidegger and Post-Cartesian Psychoanalysis*

His book, *Maxims Minimus: Reflections in Microstyle* is praised as:

“You inspire me.” Thomas Moore, author, *Care of the Soul*.

“*Maxims, Minimus* is a profound, at times shocking, and illuminating work. You and our mutual friend William Blake have much in common—startle, provoke and enrich our timid minds.” Peter Buckley, M.D., author of, *Images in Psychiatry* in the *American Journal of Psychiatry*.

“I simply do not know how you created such a fine collection of aphorisms.” Dominick Purpura, M.D., Distinguished Professor Emeritus, Department of Neuroscience, Albert Einstein College of Medicine.

“It made me think of the Biblical book of Proverbs, a most honorable comparison!” Herman van Praag, M.D., Ph.D., Chairman, Section Religion, Spirituality and Psychiatry of the World Psychiatric Association.

Gotham Chronicles: The Culture of Sociopathy is praised as:

“...the culture of narcissism has undergone an evolutionary transformation into the culture of sociopathy. In this gripping new book, T. Byram Karasu examines this phenomenon from the inside out, penetrating into the psyches of an assortment of New York characters on the make. The result is chilling and absorbing.” Glen O. Gabbard, M.D., Brown Foundation Professor of Psychoanalysis, Baylor College of Medicine.

“This compassionate narrative permits the reader to identify fully with the confusion and suffering of a woman with a fragmented mental life, in the context of a cultural environment with significant deterioration and loss of ethical values.” Otto F. Kernberg, M.D. Professor of Psychiatry, Weill Cornell Medical College.

Dr. Karasu’s book, *Rags of My Soul* is praised as:

“Powerful and intuitive penetration into the human mind and soul. A masterpiece.” Deepak Chopra, author, *The Soul in Love: Classic Poems of Ecstasy and Exaltation*.

“I will never be the same person after reading these strong, beautiful, penetrating poems that lift the lids on the trash cans of our repressions. I loved the language. These are the scalpel-sharp words of a poet who happens to be a psychiatrist, and not the other way around. They are an antidote to the many saccharine expressions of psychology and spirituality that have so much appeal in a time of cultural slack. Read them and regain possession of your life.” Thomas Moore, author, *Care of the Soul*.”

Of God and Madness is praised as:

“What a beautiful and fascinating book. Once I started reading it, I couldn’t put it down. Even the readers who are not versed in the Ottoman history and culture will be enthralled by Adam’s extraordinary story.” Vamik Volkan, M.D., co-author, *The Immortal Atatürk*.

“What a provocative and evocative work!

This deeply moving book is a passionate tour-de-force of faith and psyche and a captivatingly transformative journey.” Deepak Chopra, author, *How to Know God*.

“This book, *Of God and Madness*, more than just an exquisite read, is a breathtaking experience...Often hilarious, a book for our times. Dr. Karasu’s...passion and eloquence engages our hearts and souls with every word.” Marcella Bakur Weiner, Ph.D., coeditor, *Psychotherapy and Religion: Many Paths, One Journey*.

“A masterpiece! *Of God and Madness* made me laugh, cry, and cherish every moment of my life. T. Byram Karasu is a master story-teller, a brilliant writer, and a tender guide into the mystery, depth, and power of love. Don’t miss this book.” Gary Zukav, author, *The Dancing Wu Li Masters*.

His book, *The Spirit of Happiness* is praised as:

“Like his earlier books, *The Spirit of Happiness* reveals Dr. T. Byram Karasu’s experience, wisdom and vision.” “Reading this book, I feel the assurance of Dr. Karasu’s remarkable intelligence in matters of the psyche brought to fruition in his grounded, well formed, and practical approach to the spiritual.” Thomas Moore, author of best seller, *Care of the Soul*.

"I am grateful [for] instilling in me *The Spirit of Happiness*, we all so desperately seek... I was so enamored I plan to read it again—slowly this time and more meditatively." Rabbi Yechiel Eckstein, Founder of the Fellowship for Christians and Jews, author of the highly acclaimed *The Journey Home*.

“Picking up where his wonderful book, *The Art of Serenity*, left off, in *The Spirit of Happiness* Dr. Karasu offers a profound and inspiring exploration of the link between faith and happiness. Addressed to those who share a basic belief in God, the book is rich in practical wisdom and clear guidelines to help integrate that belief into the fabric of daily life.” Howard C. Cutler, M.D., co-author, with the Dalai Lama, of *The Art of Happiness* and *The Art of Happiness at Work*.

“A masterful work! In *The Spirit of Happiness*, Dr. Karasu continues his reflective journey toward spiritual enlightenment he so eloquently began in his previous book, *The Art of Serenity*. This companion volume is an even more courageous foray into the realm of the most fundamental and complex issues we all face: How to find meaning and purpose in life and what does it take to make life joyful? *The Spirit of Happiness* is a profoundly original book, executed with remarkable wit and skill. It is an outstanding contribution to the field of spirituality and an invaluable guide for the seeker in all of us.” Deepak Chopra, author of the best seller, *How to Know God*.\

The Art of Marriage Maintenance is reviewed as:

“In this lively and thoughtful exploration of the difficulties and satisfactions of marriage, the authors bring together a wealth of scientific facts and valuable psychological insights. The text is enriched by the shrewd, funny, touching, and sometimes devastating observations of novelists, social commentators, and struggling husbands and wives.” Judith Viorst, author, *Grown-Up Marriage* and *Necessary Losses*.

“A perceptive, insightful, and upbeat guide to marriage and how to make it work, written with wisdom, grace, and wit. Vivid anecdotes abound—drawn from the authors’ extensive clinical practices, from classical literature, and even from *Sex in the City*.” Judith S. Wallerstein, PhD, author, *The Good Marriage* and *What about the Kids?*

“A wise, sophisticated, and witty exploration of the paradoxes of intimacy.” Peter D. Kramer, M.D., author of, *Spectacular Happiness* and the bestselling book *Listening to Prozac*.

Dr. Karasu’s book, *The Art of Serenity* was a national best seller and is translated to five other languages. It is praised by:

Thomas Moore (*Care of the Soul*) for its “rich ideas”; by Deepak Chopra “as bold and brilliant”; and by Howard Cutler, co-author with the Dalai Lama (*The Art of Happiness*) as “profound.”

“A masterful presentation on achieving inner peace.” Wayne Dyer, Ph.D., author, *The Power of Intention*.

“*The Art of Serenity* is filled with gentleness and wisdom stories that bring tears or laughter. I am grateful to T. Byram Karasu for writing it.” Gary Zukav, author, *The Seat of the Soul* and *Soul Stories*.

Dr. Karasu’s book, *The Psychotherapist as Healer* is reviewed as:

“What a brave book! Dr. Karasu confronts one of the most difficult and central issues in psychotherapy – and whether the therapist should wear the guru’s mantle. He does so with wit and grace and astonishing openness.” Peter D. Kramer, M.D., Clinical Professor of Psychiatry and Human Behavior, Brown University.

Dr. Karasu’s book, *The Psychotherapist’s Interventions: Integrating Psychodynamic Perspectives in Clinical Practice* was hailed as:

“a unique synthesis” that “can serve as a basis for future development of the art and science of psychotherapy” Paul A. Dewald, M.D., Clinical Professor of Psychiatry, St. Louis University School of Medicine.

“an original integration” which “moves eloquently from theory of psychotherapeutic technique to practical clinical interventions” Otto F. Kernberg, M.D., Director, Personality Disorder Institute, The New York Hospital-Cornell Medical Center, Westchester Division.

Another book, *Deconstruction of Psychotherapy*, received outstanding reviews by leaders in the field:

“Dr. Karasu has fashioned a detailed and illuminating map...that will serve as an invaluable guide for clinicians and investigators alike.” John C. Nemiah, M.D.

Hans H. Strupp, Ph.D. says, “I greatly enjoyed it; not only that, I also found it very educational and stimulating.”

His book *Wisdom in the Practice of Psychotherapy*, received outstanding reviews by leaders in the field:

"An extraordinary work" Judd Marmor, M.D., Franz Alexander Professor Emeritus of Psychiatry, University of Southern California School of Medicine.

"A scholarly and astute distillate of years of sophisticated thinking" Jerome D. Frank, M.D., Ph.D., Professor Emeritus of Psychiatry, The Johns Hopkins University School of Medicine.

Dr. Robert T. Fintzy gives the book an Olympic rating: "gold-medal, perfect ten."

"Karasu, [is] a master clinician and educator" writes Robert Michels, M.D., Dean of Cornell University Medical College; "the profession," he says, "owes him a debt for sharing this wisdom with us."

In addition to being a prolific writer, Dr. Karasu has been a visiting professor, scholar, and titled lecturer at many academic institutions, including: Hamilton Ford Lecturer at the Titus Harris Society; Harvard Bicentennial Lecturer at McLean Hospital; Hincks Memorial Lecturer at McMaster University; Ralph M. Patterson Memorial Lecturer at Ohio State University; Frederick L. Weninger Lectureship at the University of Pittsburgh; twice Royal College Speaker at the Mount Sinai Hospital, University of Toronto; Winkelman Lecture at the Philadelphia Psychiatric Center; Frank O. Shobe Lecturer at Washington University; Nolan D.C. Lewis Visiting Professor and Scholar at the Carrier Foundation; Alfred H. Stanton Lectureship at Harvard Medical School/McLean Hospital; Jeffrey Greenbaum Memorial Lecture at Long Island Jewish Medical Center/Hillside Hospital; Suzanne Housman Memorial Lecturer at the New York University Medical Center; Jacob E. Finesinger Lecturer at the University of Maryland at Baltimore; and the Harry Stack Sullivan Speaker at Sheppard and Enoch Pratt Hospital; Joan & Sanford I. Weill Medical College of Cornell University; John A. Graft Lecture at the Mayo Clinic College of Medicine.

Some publications which highlight the scope of Dr. Karasu’s work include:

Karasu TB: *Life Witness: Evolution of the Psychotherapist*, Lanham, MD, Jason Aronson, a wholly owned subsidiary of Rowman & Littlefield, 2013

- Karasu TB: *Maxims Minimus: Reflections in Microstyle*, Lanham, MD, Rowman & Littlefield Publishers, Inc., 2012
- Karasu TB: Introduction. The Person of the Psychotherapist: Let's Hear Not the Song but the Singer. *Psychiatric Times* 28(8):20, 2011
- Karasu TB: *Gotham Chronicles: The Culture of Sociopathy*, Lanham, MD, Rowman & Littlefield Publishers, Inc., 2011
- Karasu SR & Karasu TB: *The Gravity of Weight: A Clinical Guide to Weight Loss and Maintenance*, Arlington, VA, American Psychiatric Publishing, Inc., 2010
- Karasu TB: Psychoanalysis and psychoanalytic psychotherapy, in *Comprehensive Textbook of Psychiatry*, IX (Volume II). Edited by Sadock BJ, Sadock VA., Ruiz P., Philadelphia, PA, Wolters Kluwer Health/Lippincott Williams & Wilkins, pp. 2746-2775, 2009
- Karasu TB: *Rags of My Soul*. Lanham, MD, Rowman & Littlefield Publishers, Inc., 2009
- Karasu TB: *Of God and Madness*. Lanham, MD, Rowman & Littlefield Publishers, Inc., 2006 [translated into Turkish & Spanish]
- Karasu TB: *The Spirit of Happiness*. New York, NY, Simon & Schuster, 2006 [translated into Turkish]
- Karasu TB & Karasu SR: *The Art of Marriage Maintenance*. Lanham, MD, Jason Aronson, an imprint of Rowman & Littlefield Publishers, Inc., 2005
- Karasu TB: Psychoanalysis and psychoanalytic psychotherapy, in *Comprehensive Textbook of Psychiatry*, VIII (Volume II). Edited by Sadock BJ, Sadock VA., Baltimore, MD, Lippincott Williams and Wilkins, pp. 2472-2498, 2005
- Karasu TB: *The Art of Serenity*. New York, NY, Simon & Schuster, 2003 [translated into five languages]
- Karasu TB: The "last therapist" – the healer. *Issues in Psychoanal Psychology* 24:37-49, 2002
- Karasu TB: Response to Dr. Irvin Yalom (Oskar Pfister Award Lecture "Psychiatry and Religion.") *Am J Psychotherapy* 56:317-321, 2002
- Karasu TB: Therapeutic factors, in *Encyclopedia of Psychotherapy*, vol. 2. Edited by Hersen M, Sledge W. New York, NY, Elsevier Science, pp. 781-791, 2002
- Karasu TB: *The Psychotherapist as Healer*. Northvale, NJ, Jason Aronson, 2001
- Karasu TB: The advanced practice of psychotherapy. *Harvard Rev Psychiatry* 9:118-123, 2001 (also Greek translation, publisher, M. Pitsilidis S.A., 2001/2002)
- Karasu TB, et al: Practice guideline for the treatment of patients with major depressive disorder (Revision) *Am J Psychiatry (Suppl)* 157:1-45, 2000
- Karasu TB: Editorial on the millennium: The procession of times and paradigms. (Lead article) *Am J Psychotherapy* 54:1-7, Spring 2000
- Karasu TB: Spiritual psychotherapy. (Special article) *Am J Psychotherapy* 53:143-161, 1999
- Karasu TB: *The Psychotherapist's Interventions: Integrating Psychodynamic Perspectives in Clinical Practice*. Northvale, NJ, Jason Aronson, 1998
- Karasu TB: Results and limits of the psychotherapy of depression. *NÓOs. Aggiornamenti in Psichiatria* 2(4):293-311, 1996
- Karasu TB: *Deconstruction of Psychotherapy*. Northvale, NJ, Jason Aronson, 1996
- Karasu TB: Transrational practice of psychotherapy. (Lead article) *Am J Psychotherapy* 49:484-503, 1995
- Karasu TB: Conflict and deficit: toward an integrative vision of the self. *Visions of the Self* section. *Am J Psychoanal* 55:279-288, 1995
- Karasu TB: A developmental metatheory of psychopathology. *Am J Psychotherapy* 48:581-599, 1994

- Karasu TB: Depression: the relative merits of pharmacotherapy and psychotherapy. The Royal College of Psychiatrists, London, UK. *Current Opinion in Psychiatry* 6:184-190, 1993
- Karasu TB, et al: Practice guideline for major depressive disorder in adults. *Am J Psychiatry* 150:1-26, 1993 (Suppl)
- Karasu TB: Psychotherapy and depression. *State of the Art in Clin Psychiatry I*: 4-26, 1992
- Karasu TB: *Wisdom in the Practice of Psychotherapy*. New York, NY, Basic Books, 1992 (reprint, Northvale, NJ, Jason Aronson, 2001)
- Karasu TB: The worst of times, the best of times: psychotherapy in the 1990's. (Lead article) *J Psychother Prac Res* 1:2-15, 1992
- Karasu TB: Developmentalist metatheory of depression and psychotherapy. *Am J Psychotherapy* 46:1-13, 1992
- Karasu TB: *Psychotherapy for Depression*. Northvale, NJ, Jason Aronson, 1990
- Karasu TB: La psychotherapie chez l'obsessionnel. *L'Encephale XVI*: 355-358, 1990
- Karasu TB: Toward a clinical model of psychotherapy for depression, II: integrative and selective treatment approach. (Lead article) *Am J Psychiatry* 147:269-278, 1990
- Karasu TB: Toward a clinical model of psychotherapy for depression, I: systematic comparison of three psychotherapies. (Lead article) *Am J Psychiatry* 147:133-147, 1990
- Karasu TB: Psychoanalysis and psychoanalytic psychotherapy, in *Comprehensive Textbook of Psychiatry/V and VI*. Edited by Kaplan HI, Sadock BJ. Baltimore, MD, Williams and Wilkins, 1989, pp 1442-1461; 1995, pp 1767-1788
- Karasu TB, et al: *Treatments of Psychiatric Disorders: A Task Force Report of the American Psychiatric Association (Vols. 1-4)*. Washington, DC, APPI, 1989
- Karasu TB: New frontiers in psychotherapy. (Festschrift article) *J Clin Psychiatry* 50:46-52, 1989
- Karasu TB: The psychotherapy of the future. *Psychosomatics* 28:380-384, 1987
- Karasu TB: Psychosomatic medicine and psychotherapy. *Psychiatric Annals* 16:522-525, 1986
- Karasu TB: The psychotherapies: benefits and limitations. *Am J Psychotherapy* 40: 324-342, 1986
- Karasu TB: The "specificity vs. nonspecificity" dilemma: towards identifying therapeutic change agents. (Lead article) *Am J Psychiatry* 143:687-695, 1986
- Karasu TB, et al: *The Psychiatric Therapies (Part I, The Somatic Therapies, Part II, The Psychosocial Therapies)*. APA Commission on Psychiatric Therapies. Washington, DC, American Psychiatric Association, 1984
- Karasu TB: Recent developments in individual psychotherapy. (Lead article) *Hosp & Commun Psychiatry* 35:29-39, 1984
- Karasu TB, et al: *Psychotherapy Research: Methodological and Efficacy Issues*. APA Commission on Psychotherapies. Washington, DC, American Psychiatric Association, 1982
- Karasu TB: Psychotherapy and pharmacotherapy: towards an integrative model. (Lead article) *Am J Psychiatry* 139:1102-1113, 1982
- Karasu TB: Editorial. Proving the efficacy of psychotherapy to government: a bureaucratic solution? *Am J Psychiatry* 139:789-790, 1982
- Karasu TB: From Freudian psychoanalysis to experiential psychotherapies: an essay on recent trends. *Academy Forum* 25:13-17, 31, 1981
- Karasu TB: The ethics of psychotherapy. (Lead article) *Am J Psychiatry* 137:1502-1512, 1980
- Karasu TB: Psychotherapy of the medically ill. (Lead article) *Am J Psychiatry* 136:1-11, 1979

- Karasu TB: Psychological and behavioral therapies in medicine. *Psychosomatics* 20:578-583, 1979
- Karasu TB: Psychotherapies: an overview. (Lead article) *Am J Psychiatry* 138:851-863, 1977
- Karasu TB: The world as a therapeutic community. *Int J Soc Psychiatry* 20:134-138, 1974

/jc

Work group on major depressive disorder. T. Byram Karasu, M.D., Chair Alan Gelenberg, M.D. Arnold Merriam, M.D. Philip Wang, M.D., Dr.P.H. (Consultant). Originally published in April 2000. This guideline is more than 5 years old and has not yet been updated to ensure that it reflects current knowledge and practice. In accordance with national standards, including those of the Agency for Healthcare Research and Quality's National Guideline Clearinghouse (<http://www.guideline.gov/>), this guideline can no longer be assumed to be current. This practice guideline was approved in January 2000 and published in April 2000. Treatment of Patients With Major Depressive Disorder. 5. Guide to using this practice guideline. In adults (updated edition). National Clinical Practice Guideline 90. National Collaborating Centre for Mental Health commissioned by the. 13 THE MANAGEMENT OF SUBTHRESHOLD DEPRESSIVE SYMPTOMS 13.1 Introduction 13.2 Pharmacological interventions for subthreshold depressive symptoms and persistent subthreshold depressive symptoms (dysthymia) 13.3 Psychological and other strategies for the treatment of persistent subthreshold depressive symptoms (dysthymia) 13.4 From evidence to recommendations 13.5 Recommendations 13.6 Research recommendation. Once a national guideline has been published and disseminated, local healthcare groups will be expected to produce a plan and identify resources for implementation, 13. Preface. A life made of words: the poetry and thought of John Bradburne(Holyhead: Crystal Books, July 2017). Advanced Conversational English (with D. Davy) [2019 edition]A 2019 revision by David Crystal and Derek Davy of the book first published in 1976 and long out-of-print. The recordings that are part of this book can be heard here.06.16.2019. After old words finally die, they will live on in the virtual worldOpinion, The Times, 22 September 2008, 2609.22.2008. Afterword on endangered languagesIn Kenneth L Rehg & Lyle Campbell (eds), The Oxford Handbook of Endangered Languages (Oxford: Oxford University Press, 2018), 885-9408.07.2018.

Third Edition. WORK GROUP ON MAJOR DEPRESSIVE DISORDER Alan J. Gelenberg, M.D., Chair Marlene P. Freeman, M.D. John C. Markowitz, M.D. Jerrold F. Rosenbaum, M.D. Michael E. Thase, M.D. Madhukar H. Trivedi, M.D. Richard S. Van Rhoads, M.D., Consultant. INDEPENDENT REVIEW PANEL Victor I. Reus, M.D., Chair J. Raymond DePaulo, Jr., M.D. Jan A. Fawcett, M.D. Christopher D. Schneck, M.D. David A. Silbersweig, M.D. This practice guideline was approved in May 2010 and published in October 2010. The Work Group on Major Depressive Disorder reports the following potentially competing interests for the period from May 2005 to May 2010 In this paper, Ferrari and colleagues analyzed the burden of depressive disorders in GBD 2010 and identified depressive disorders as a leading cause of burden. The authors present severity proportions; burden by country, region, age, sex, and year; as well as burden of depressive disorders as a risk factor for suicide and ischemic heart disease. Please see later in the article for the Editors' Summary. Methods and Findings. Burden was calculated for major depressive disorder (MDD) and dysthymia. A systematic review of epidemiological data was conducted. The data were pooled using a Bayesian meta-regression. CLINICAL PRACTICE GUIDELINES Depression in adolescents and young adults. February 2011. beyondblue: the national depression initiative is an independent, not-for-profit organisation. managing major depressive disorder in young people C3.6: Practice algorithm for use of SSRIs by young people C4.1: Relapse prevention strategies for young people D1: Decits in current knowledge: prevention of depressive disorders in adolescents and young adults D2: Decits in current knowledge: treatment of depressive disorders in adolescents and young adults A3.1: Bibliographic databases. 5. Work collaboratively with the young person (and if appropriate his or her parents/carers) BCGuidelines.ca: Major Depressive Disorders in Adults (2013). 3. 4. Pharmacological Management Recommend antidepressant medications for patients with moderate to severe depression. guidelines for biological treatment of unipolar depressive disorders in primary care. World J Biol Psychiatry. 2007;8(2):67-104. A person having a major depressive episode usually exhibits a very low mood, which pervades all aspects of life, and an inability to experience pleasure in activities that were formerly enjoyed. Depressed people may be preoccupied with, or ruminate over, thoughts and feelings of worthlessness, inappropriate guilt or regret, helplessness, hopelessness, and self-hatred.[22] In severe cases, depressed people may have symptoms of psychosis. Before diagnosing a major depressive disorder, in general a doctor performs a medical examination and selected investigations to rule out other causes of symptoms.