

憂鬱的徵狀 Symptoms of Depression



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

憂鬱(抑鬱)可以影響你應付日常生活的能力。以下所列的是一些憂鬱的徵狀。如果你每天出現下列部分徵狀，並且持續超過兩周，你可約見輔導員，或請醫生轉介精神科。

Depression can affect your ability to cope with daily life. These are some symptoms of depression that you may be feeling. If you are having several of these symptoms every day for more than 2 weeks, schedule an appointment with a counselor or ask your doctor to refer you to psychiatry services.

- 持續地感到憂傷或空虛
Lasting sadness or “empty” mood
- 感到無望
Feelings of hopelessness
- 感到內疚、無價值、無助
Feelings of guilt, worthlessness, helplessness
- 沒有任何東西可以令你開懷或心情愉快
Nothing cheers you up or lifts your mood
- 對過往喜歡做的嗜好、活動及人際關係都失去興趣
Loss of interest or pleasure in hobbies, activities and relationships that you used to enjoy
- 欠缺精神、愈加疲累
Decreased energy and increased fatigue
- 健忘、難以集中思考或作決定
A problem thinking, remembering and/or making choices
- 失眠、早醒或過量睡眠
Cannot sleep, early-morning waking up, or oversleeping
- 欠缺食慾、體重有變
Taste and/or weight changes
- 坐立不安、煩躁易怒
Restlessness and/or irritability
- 死亡意念經常浮現
Constant thoughts of death
- 萌生自殺念頭，計劃或企圖自殺（請立即向醫生求助）
Wanting to die, plans or suicide attempts (**seek help at once from a doctor**)

如要更多有關處理情緒的資訊，請瀏覽卑詩癌症局網站 www.bccancer.bc.ca
For further information, please go to BC Cancer Agency website at: www.bccancer.bc.ca