

East End Neuropsych
2539 Middle Country Rd # 4
Centereach NY 11720
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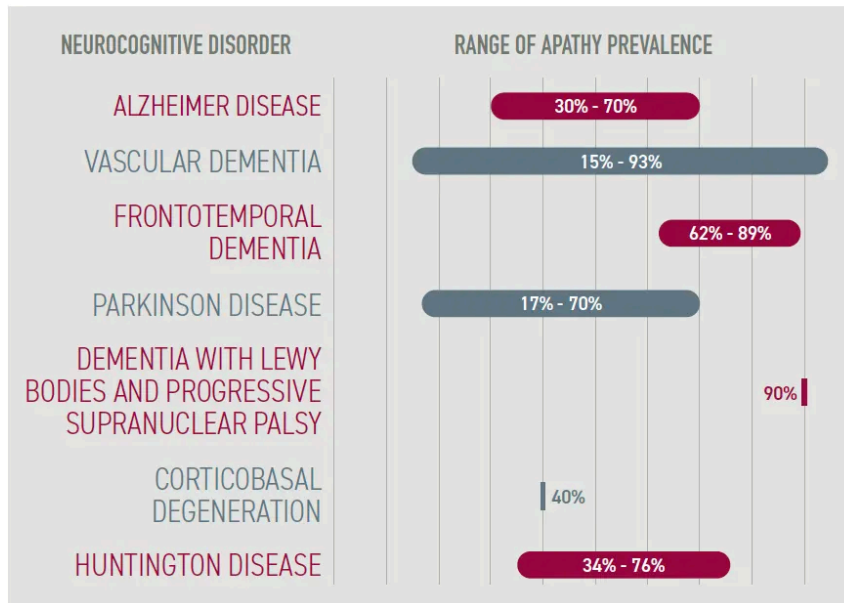
Apathy is a syndrome of primary motivational loss that is not attributable to emotional distress, intellectual impairment, or diminished level of consciousness. Apathy is the quantitative reduction of self-generated voluntary and purposeful behaviors, which are observable and can be quantified. In addition, the underlying mechanism(s) responsible for apathy may be seen as dysfunctions occurring at the level of elaboration, execution, and control of goal-directed behaviors.

Symptoms must be present for a minimum of 2 weeks.

- Have no energy or motivation to do routine or daily tasks, such as brushing their teeth or having a shower**
- Rely on other people to suggest and organize activities**
- Not be interested in joining conversations or talking to new people**
- Not worried about their own problems / not aware**
- Have unemotional responses to news or personal events**
- Seem to be uninterested or detached.**

These symptoms must cause clinically significant impairments in personal, social, occupational, or other important areas of functioning, with such symptoms not exclusively explained by or due to other causes (ie, physical disabilities [such as blindness or loss of hearing], motor disabilities, diminished level of consciousness, or direct physiological effects of a substance).

Figure. Apathy Among Individuals With Neurocognitive Disorders^{1,6,9-11}



Treatment options include: increased structured activity, stimulants, donepezil, activating anti-depressants, ACHE medications in early stages, pet therapy, music therapy, cognitive stimulation.



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DSM Diagnosis of Major Depressive Disorder

- Depressed mood most of the day, nearly every day.
- Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.
- Significant weight loss when not dieting or weight gain, or decrease or increase in appetite nearly every day. Change in perceptions of taste.
- A slowing down of thought and a reduction of physical movement (observable by others, not merely subjective feelings of restlessness or being slowed down).
- Fatigue or loss of energy nearly every day.
- Feelings of worthlessness or excessive or inappropriate guilt nearly every day.
- Diminished ability to think or concentrate, or indecisiveness, nearly every day. May present as cognitive impairments in some individuals.
- Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.

The above symptoms must be present for a minimum of 14 days.

American Psychiatric Association. (2022). *Depressive disorders: DSM-5-TR® selections*. American Psychiatric Publishing, Inc..

