

BRIEF ICF CORE SET for DEPRESSION

BODY FUNCTIONS	
= physiological functions of body systems (including psychological functions)	
b1263	Psychic stability
	Mental functions that produce a personal disposition that is even-tempered, calm and composed, as contrasted to being irritable, worried, erratic and moody.
b1265	Optimism
	Mental functions that produce a personal disposition that is cheerful, buoyant and hopeful, as contrasted to being downhearted, gloomy and despairing.
b1300	Energy level
	Mental functions that produce vigour and stamina.
b1301	Motivation
	Mental functions that produce the incentive to act; the conscious or unconscious driving force for action.
b1302	Appetite
	Mental functions that produce a natural longing or desire, especially the natural and recurring desire for food and drink.
b140	Attention functions
	Specific mental functions of focusing on an external stimulus or internal experience for the required period of time. <i>Inclusions: functions of sustaining attention, shifting attention, dividing attention, sharing attention; concentration; distractibility</i> <i>Exclusions: consciousness functions (b110); energy and drive functions (b130); sleep functions (b134); memory functions (b144); psychomotor functions (b147); perceptual functions (b156)</i>
b147	Psychomotor functions
	Specific mental functions of control over both motor and psychological events at the body level. <i>Inclusions: functions of psychomotor control, such as psychomotor retardation, excitement and agitation, posturing, catatonia, negativism, ambitendency, echopraxia and echolalia; quality of psychomotor function</i> <i>Exclusions: consciousness functions (b110); orientation functions (b114); intellectual functions (b117); energy and drive functions (b130); attention functions (b140); mental functions of language (b167); mental functions of sequencing complex movements (b176)</i>
b1521	Regulation of emotion
	Mental functions that control the experience and display of affect.
b1522	Range of motion
	Mental functions that produce the spectrum of experience of arousal of affect or feelings such as love, hate, anxiousness, sorrow, joy, fear and anger.

ACTIVITIES AND PARTICIPATION	
= execution of a task or action by an individual and involvement in a life situation	
d163	Thinking
	Formulating and manipulating ideas, concepts and images, whether goal-oriented or not, either alone or with others, such as creating fiction, proving a theorem, playing with ideas, brainstorming, meditating, pondering, speculating or reflecting. <i>Exclusions: solving problems (d175); making decisions (d177)</i>
d175	Solving problems
	Finding solutions to questions or situations by identifying and analysing issues, developing options and solutions, evaluating potential effects of solutions, and executing a chosen solution, such as in resolving a dispute between two people. <i>Inclusions: solving simple and complex problems</i> <i>Exclusions: thinking (d163); making decisions (d177)</i>
d177	Making decisions
	Making a choice among options, implementing the choice, and evaluating the effects of the choice, such as selecting and purchasing a specific item, or deciding to undertake and undertaking one task from among several tasks that need to be done. <i>Exclusions: thinking (d163); solving problems (d175)</i>
d2301	Managing daily routine
	Carrying out simple or complex and coordinated actions in order to plan and manage the requirements of day-to-day procedures or duties.
d2303	Managing one's own activity level
	Carrying out actions and behaviours to arrange the requirements in energy and time day-to-day procedures or duties.
d240	Handling stress and other psychological demands
	Carrying out simple or complex and coordinated actions to manage and control the psychological demands required to carry out tasks demanding significant responsibilities and involving stress, distraction or crises, such as driving a vehicle during heavy traffic or taking care of many children. <i>Inclusions: handling responsibilities; handling stress and crisis</i>
d350	Conversation
	Starting, sustaining and ending an interchange of thoughts and ideas, carried out by means of spoken, written, sign or other forms of language, with one or more people one knows or who are strangers, in formal or casual settings. <i>Inclusions: starting, sustaining and ending a conversation; conversing with one or many people</i>
d510	Washing oneself
	Washing and drying one's whole body, or body parts, using water and appropriate cleaning and drying materials or methods, such as bathing, showering, washing hands and feet, face and hair, and drying with a towel. <i>Inclusions: washing body parts, the whole body; and drying oneself</i> <i>Exclusions: caring for body parts (d520); toileting (d530)</i>
d570	Looking after one's health
	Ensuring physical comfort, health and physical and mental well-being, such as by maintaining a balanced diet, and an appropriate level of physical activity, keeping warm or cool, avoiding harms to health, following safe sex practices, including using condoms, getting immunizations and regular physical examinations. <i>Inclusions: ensuring one's physical comfort; managing diet and fitness; maintaining one's health</i>
d760	Family relationships
	Creating and maintaining kinship relationships, such as with members of the nuclear family, extended family, foster and adopted family and step-relationships, more distant relationships such as second cousins, or legal guardians. <i>Inclusions: parent-child and child-parent relationships, sibling and extended family relationships</i>
d770	Intimate relationships
	Creating and maintaining close or romantic relationships between individuals, such as husband and wife, lovers or sexual partners. <i>Inclusions: romantic, spousal and sexual relationships</i>
d845	Acquiring, keeping and terminating a job
	Seeking, finding and choosing employment, being hired and accepting employment, maintaining and advancing through a job, trade, occupation or profession, and leaving a job in an appropriate manner. <i>Inclusions: seeking employment; preparing a resume or curriculum vitae; contacting employers and preparing interviews; maintaining a job; monitoring one's own work performance; giving notice; and terminating a job</i>

ENVIRONMENTAL FACTORS	
= make up the physical, social and attitudinal environment in which people live and conduct their lives	
e1101	Drugs
	Any natural or human-made object or substance gathered, processed or manufactured for medicinal purposes, such as allopathic and naturopathic medication.
e310	Immediate family
	Individuals related by birth, marriage or other relationship recognized by the culture as immediate family, such as spouses, partners, parents, siblings, children, foster parents, adoptive parents and grandparents. <i>Exclusions: extended family (e315); personal care providers and personal assistants (e340)</i>
e320	Friends
	Individuals who are close and ongoing participants in relationships characterized by trust and mutual support.
e325	Acquaintances, peers, colleagues, neighbours and community members
	Individuals who are familiar to each other as acquaintances, peers, colleagues, neighbours, and community members, in situations of work, school, recreation, or other aspects of life, and who share demographic features such as age, gender, religious creed or ethnicity or pursue common interests. <i>Exclusions: associations and organizational services (e5550)</i>
e355	Health professionals
	All service providers working within the context of the health system, such as doctors, nurses, physiotherapists, occupational therapists, speech therapists, audiologists, orthotist-prosthetists, medical social workers. <i>Exclusion: other professionals (e360)</i>
e410	Individual attitudes of immediate family members
	General or specific opinions and beliefs of immediate family members about the person or about other matters (e.g. social, political and economic issues) that influence individual behaviour and actions.
e415	Individual attitudes of extended family members
	General or specific opinions and beliefs of extended family members about the person or about other matters (e.g. social, political and economic issues) that influence individual behaviour and actions.
e420	Individual attitude of friends
	General or specific opinions and beliefs of friends about the person or about other matters (e.g. social, political and economic issues) that influence individual behaviour and actions.
e450	Individual attitudes of health professionals
	General or specific opinions and beliefs of health professionals about the person or about other matters (e.g. social, political and economic issues) that influence individual behaviour and actions.
e580	Health services, systems and policies
	Services, systems and policies for preventing and treating health problems, providing medical rehabilitation and promoting a healthy lifestyle. <i>Exclusion: general social support services, systems and policies (e575)</i>