

# **Dysthymic Disorder**

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This condition represents the persistent experience of depressive symptoms for two years or more. Women have this disorder more than men do—4% to 2%. Having these symptoms for long periods may be unconscious. You may, however, become aware that something is wrong. You may come to feel that you are alone and “stuck.” Everything is a “drag.” Life becomes a chore. You may begin to eat compulsively as your only pleasure. Your sexual desire may be very low. Everything is an effort to do. You may think that everyone feels like you. When you get relief through treatment, you may discover that your way of viewing your own life suddenly changes. You may gain an enhanced appreciation of living.

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