

Depression Treatment Worksheet

1. What are your symptoms of depression?:

PHQ-9 score:
 5-9 = Depression, few symptoms
 10-14 = Mild depression
 15-19 = Moderate depression
 20+ = Severe depression

2. Your symptoms score is: _____.

3. There are options for treating the symptoms. Circle options you want to talk about. Your clinician may circle some too.

TREATMENT OPTIONS	Frequently Asked Questions			
	What are some reasons to choose this option?	What are some reasons <u>not</u> to choose this option?	What do I have to do?	How long do I need to make changes?
No treatments at this time	Depression may improve on its own.	For many, depression may continue or get worse without treatment.	No changes to what you are doing now. Your clinician may request a follow-up visit.	No changes are being made.
Exercise & sunlight treatments, behavioral activation treatments	Can improve mild depression symptoms. Behavioral treatments have few side effects.	May not be enough to treat moderate or severe depression.	Exercise at least 30 minutes most days. Daily exposure to sunlight or use light box therapy. Schedule positive activities	Until depression improves, and possibly longer.
Therapy with a Counselor	Therapy is effective in improving depression.	Requires frequent 1-hour office visits. Therapists may be hard to find or there may be a waitlist.	Attend therapy sessions (one-on-one or in groups).	Usually for 12 weeks, but possibly longer.
Antidepressant medicines	Many people report improvement after 1 or 2 medicines (benefit may take several weeks to see)	Some side effects: <ul style="list-style-type: none"> • Tiredness • Weight gain • Sexual problems 	Take medication every day. May need blood tests or EKGs to monitor side effects.	For 6-12 months in most cases, sometimes longer.
Other Options (please write in)				

4. What's most important to you as we make this decision? _____

5. What did we decide today? Try: _____ Decide later:

- need more information
- need to discuss with others
- need to think about it more
- consult with specialist

6. What are the next steps and follow-up? _____
