

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? _____
