

Major Depressive Disorder Check-In

If you're currently on an antidepressant, but you still feel symptoms of depression, it may be time to discuss how you're feeling with your doctor. Sharing your symptoms can help your doctor decide if changes to your treatment plan may be needed.

Use this worksheet to reflect on your symptoms over the past 2 weeks and bring it to your next appointment.

I currently take the following antidepressant:

I began taking my current antidepressant in:

Are you taking your antidepressant as prescribed?

Yes

No

Over the Past 2 Weeks, How Have You Been Feeling?



1. How often have you found yourself not having interest in things that you used to enjoy?

Never Sometimes Often Always

 

2. How often have you felt that you didn't have the energy or motivation for simple daily activities such as taking a shower or getting dressed?

Never Sometimes Often Always

 

3. How often have you had feelings of emptiness or hopelessness?

Never Sometimes Often Always

 

4. How often have you had difficulty concentrating?

Never Sometimes Often Always

 

5. How often have you felt that your depression has impacted your sleep?

Never Sometimes Often Always

 

6. How often have you felt that your depression has impacted your eating habits?

Never Sometimes Often Always

 

7. How often have you felt feelings of shame or worthlessness?

Never Sometimes Often Always

 

8. How often have you found yourself moving or speaking slowly, or the opposite, moving or speaking so quickly that other people could have noticed?

Never Sometimes Often Always

Discuss your symptoms with your provider. If you're feeling suicidal or just need to talk, call the National Suicide Prevention Lifeline at 1-800-273-8255, or call or text 988 to reach the crisis lifeline.

My treatment goals are: