

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: