

Depression Tracking Tool

Rate each question on a scale from 0-5 with the following scale

- 0 – This trait does not exist
- 1 – This trait is very mild
- 2 – This trait is mild
- 3 – This trait is moderate
- 4 – This trait is moderate/severe
- 5 - This trait is severe

This screening tool should be done at least annually - performed before the annual exam. It should also be performed every two weeks during treatment for depression to monitor for progress. During treatment there should be a gradual decline downward of the total score.

Question/Date					
Depressed Mood					
Appetite Changes					
Low Energy					
Agitation/Irritability					
Poor Concentration					
Sleep Difficulties					
Loss of Interest					
Total Score					

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