

## Depression Worksheet

1. Do I have depression? \_\_\_\_\_
2. Do I have just depression or could another medical or psychiatric problem be causing my symptoms?  
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3. How did you diagnosis my disease?  
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4. How severe is my disease/Will it progress or can I expect any improvement?  
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5. Should I be receiving counseling? \_\_\_\_\_
6. What type of follow up do I require /Do I need to see a psychiatrist/psychologist?  
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7. What medicines/treatments/supplements are we using to treat my symptoms and what are the side effects? How fast should I expect improvement? How long will I remain on these medicines?  
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8. Are any non-drug treatments recommended for me such as exercise or herb therapy?  
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