

DISCUSSION GUIDE

This discussion guide is intended to help you have a productive conversation with your healthcare professional. Talking can often be the first step to you feeling better.

Print out this document, and write down any questions or comments you want to remember to discuss with your healthcare professional.

How do you feel?

It can be helpful to write down your symptoms, notes, and questions before you go to the doctor's office. You can use this guide to help in organising your thoughts before your next appointment.

Depressed mood	None	Mild	Moderate	Severe
Insomnia	None	Mild	Moderate	Severe
Feeling guilty	None	Mild	Moderate	Severe
Decreased energy / activity	None	Mild	Moderate	Severe
Loss of interest or pleasure	None	Mild	Moderate	Severe
Generally feeling unwell	None	Mild	Moderate	Severe
Difficulty concentrating	None	Mild	Moderate	Severe
Feeling useless or inadequate	None	Mild	Moderate	Severe
Restlessness or agitation	None	Mild	Moderate	Severe
Change in appetite / weight	None	Mild	Moderate	Severe
Thoughts about death	None	Mild	Moderate	Severe
Reduced sexual desire/activity	None	Mild	Moderate	Severe

This table is produced by Servier Laboratories Ltd and is adapted from the HAM-D17 depression rating scale

Everyday activities - People can find that living with depression can affect their daily activities.

Some examples of parts of your life that may be affected are your Work, Energy, Interaction with friends / family, Sexual activities, Hobbies, Sport, Shopping, Concentration, Sleep and ability to relax.

Medications and herbal supplements you are currently taking

So your doctor can make an appropriate treatment recommendation for you.

Questions, comments or concerns