



Depression is more than feeling sad or “blue;” depression can interfere with daily life. The best care for depression includes treatments that help you make progress with symptoms. The Depression Care Health Tracker was created to make it easier for patients and doctors to focus on actions that have been shown to help people feel better.

DEPRESSION CARE HEALTH TRACKER

HOW PROGRESS IS MEASURED

Using the Patient Health Questionnaire (PHQ-9) tool, your provider will ask 9 questions about the problems you might be having and how you are feeling. Your provider will let you know if you are getting better by using the PHQ-9.

TREATMENT GOALS

REMISSION:

When people who seek treatment get to a PHQ-9 score of less than 5.

RESPONSE:

When people who seek treatment start to make progress toward feeling better by making a 50% improvement from their first PHQ-9 score. Lower is better.

MY PHQ-9 GOALS: (desired PHQ-9 score by a specific date)

DATE	Remission (Feeling Better)				Partial Remission/Mild Depressive Symptoms					Mild Major Depression					Moderate Major Depression					Severe Major Depression							
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27

MY PHQ-9 SCORES: (actual PHQ-9 score at a specific date)

DATE	Remission (Feeling Better)				Partial Remission/Mild Depressive Symptoms					Mild Major Depression					Moderate Major Depression					Severe Major Depression								
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	

Fill out this form with your doctor and work together to achieve the best care for treatment of depression. For more information visit MNHealthScores.org.

TAKING CARE OF MYSELF

Because my doctor and I are committed to improving my health, we will use this form to track my progress.

My next appointment is:

date

time

My doctor wants me to call if:

My doctor's phone number:

BETWEEN NOW AND MY NEXT VISIT I PLAN TO:



GET RESTFUL SLEEP

A certain amount of restful sleep can improve your mood, health and safety. Everyone's needs are different.

My goal is _____
hours of sleep each night.

Suggestions for how to improve sleep: Weaning off/ stopping caffeine and/or alcohol; getting up and going to bed at the same time; exercising daily but not immediately before bedtime.



TAKE MEDICATIONS

If other treatments don't work, your doctor may prescribe medicine to reduce your symptoms.

Name	Dose	Time
_____	_____	_____
_____	_____	_____
_____	_____	_____



INCREASE EXERCISE

Depression symptoms often improve with exercise.

An activity I would enjoy is:

_____ minutes _____ times per week



EAT HEALTHY

The foods you eat can affect your daily life, mood and energy levels.

My diet goal is: _____



AVOID USE OF HARMFUL SUBSTANCES

If you use tobacco, recreational drugs or alcohol, the best you can do is to avoid them.

My goal is: _____



ENGAGE IN PLEASANT SOCIAL INTERACTIONS

Regular contact with family, friends or other supporters helps depressive symptoms.

I will call/email/visit with _____
people I enjoy spending time with.



FIND WAYS TO RELAX

Easing stress and anxiety can help you relax. Try different techniques to learn what works best for you.

An activity I would enjoy is:

_____ minutes _____ times per week

NOTES

Visit notes and questions I want to ask my doctor:

