

Depression

Questions from the healthcare provider

The healthcare provider will likely ask about feelings of hopelessness, helplessness, and thoughts about (or wishes for) death. They will also want to know how long the symptoms have been present.

When did this begin? Has it gone away at any time since then?

How bad is it?

Mild – Moderate – Severe

Have feelings like this happened before? If so, when?

Was treatment offered? If so, did it work?

Is there any history of depression in the family?

Has there been a change in appetite or weight?

Have sleep patterns changed?

Is there a loss of interest in previously enjoyable activities?

Does there no longer seem to be anything worth living for?

Is there a loss of energy?

Is there a constant feeling of being tired?

Is it difficult to concentrate or make decisions?

Are there feelings of worthlessness?

Are there other negative thoughts, such as feeling like a burden to others?

Are there thoughts of suicide?

What medications are being taken or have been taken recently?

Prescription medications?

Over-the-counter medications?

Naturopathic or herbal treatments?