

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Depression

Symptoms I am experiencing:

Circle all that apply

- Feelings of sadness
- Feelings of irritability
- Feelings of anxiety
- Feelings of loneliness
- Feelings of guilt
- Feelings of hopelessness
- Change in sleeping patterns
 - Oversleeping
 - Having trouble sleeping
- Change in eating habits
 - Overeating
 - Loss of appetite
- Change in weight
 - Weight loss
 - Weight gain
- Loss of interest in activities previously enjoyed, including sex
- Trouble concentrating
- Trouble making decisions
- Loss of energy
- Loss of creativity
- Lack of motivation
- Aches or pains
- Suicidal thoughts
- Inclinations to harm yourself

Frequency Of Symptoms

Write symptom + frequency you experience it

I have treated/managed symptoms

Explain any medications you have used, lifestyle treatments, natural remedies

Family History

List any family members/relatives who have depression or mood disorders

Other Medications I Am Currently Taken Not Related To Depression

List them here

Questions I Have For The Doctor:

Question, Notes

- What is are your initial thoughts regarding my symptoms?
- What kind of depression do I have?
- What might cause the symptoms I have?
- How should I treat my depression?
- Is there a medication you recommend?
- What are the side effects of the medication you recommend?
- How concerned should I be regarding my symptoms?
- Could other health conditions be causing my depression?

- What lifestyle changes could I make to help cure my depression?
- How long should I expect these symptoms to last?
- What are some ways I can reduce my symptoms?
- What should I do in an emergency?

Possible Diagnostic Tests

- Physical examination
- Lab test
- Blood tests
- Psychiatric examination
- DSM-5
- CT Scan
- MRI
- Questions