

For patients with major depressive disorder

# Doctor Discussion Guide

## For talking with your doctor about your continuing struggle with depressive symptoms

Your doctor needs to know how you're feeling and any changes you've experienced in your mood since your last visit. Print these questions before your next doctor's appointment, and bring them with you. Asking questions can help you and your doctor have a productive conversation and help determine if there is a treatment option right for you.

- How common is depression? \_\_\_\_\_  
\_\_\_\_\_
- What are common depression triggers? \_\_\_\_\_  
\_\_\_\_\_
- Can lifestyle changes help me deal with depressive episodes? \_\_\_\_\_  
\_\_\_\_\_
- How do I know if my current antidepressant is not giving me the relief I need? \_\_\_\_\_  
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- If I'm still living with symptoms of depression, and am not doing as well as I could be, what are my options? \_\_\_\_\_  
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- Do I need more than one medication to help manage my depression? \_\_\_\_\_  
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- How long will a new or additional medication take to make me feel better? \_\_\_\_\_  
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- Will I need to be on these medications for the rest of my life? \_\_\_\_\_  
\_\_\_\_\_
- What resources are available to help me manage my depression? \_\_\_\_\_  
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**Before your next appointment, write down any additional notes about how you feel, what's going well, and what you are still struggling with:**

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