



Part 5A-2 – Depression Self-Assessment Tracking

(based on the BECK anxiety and depression inventory)

This tracking tool is designed to give a daily record of the severity of the symptoms. This is essential to be shared with the primary care physician for them to assess the success of the treatment plan.

<i>Symptoms</i>	<i>1</i>	<i>3</i>	<i>5</i>	<i>7</i>	<i>10</i>
	<i>Very Normal</i>			<i>Very Abnormal</i>	
Laughter					
Excitement					
Talking					
Sleeping Patterns (more or less)					
Weight (gain or loss)					
Concentration					
Energy Level					
Decision Making					
Fatigue					
Tearfulness					
Interest in Daily Activities					
Overwhelmness					
Moodiness					
Worry					
Feelings of Fear					

Interest in Work	
Interest in Socializing	

Feelings of Shame	
Prone to get Angry	
Prone to Aggression	
Prone to Judgmentalness	
Feelings of Guilt	
Feelings of Sadness	
Satisfaction with Life	
ACTION REQUIRED	<i>Poor Compliance</i> 1510 <i>Complete Compliance</i>
Taking Prescribed Meds.	
Exercise Regime	
Recommended Diet	
Working with 'Filters'	
Acts of Service/Kindness	

Date:

Comment: