

# TIPS FOR PREPARING YOUR NEXT APPOINTMENT

**Want to make the most of your next appointment? So does your healthcare provider.** All it takes is a little thought and preparation beforehand, and a little honesty during the visit. Use the tips below to help you collect your thoughts and get ready for your conversation.

## 1. MAKE A LIST OF IMPORTANT FACTS, INCLUDING:

Symptoms you’re having

Personal information like stresses or life events

## 2. MAKE A LIST OF IMPORTANT QUESTIONS, INCLUDING:

What kind of tests will I need?

What do I need to know about my medication and any other options available?

What side effects can I expect and how can I manage them?

## 3. CONSIDER BRINGING A LOVED ONE ALONG TO HELP YOU REMEMBER EVERYTHING YOU’RE TOLD

## 4. BE PREPARED TO ANSWER QUESTIONS ABOUT YOUR PHYSICAL AND MENTAL HEALTH

## 5. FILL OUT THE PATIENT HEALTH QUESTIONNAIRE (PHQ-9), A SELF-ADMINISTERING QUESTIONNAIRE, THAT WILL HELP YOUR DOCTOR EVALUATE HOW YOU ARE RESPONDING TO YOUR TREATMENT (SEE PAGE 2)

**Together, you and your healthcare provider are the best team to tailor your treatment for you.**

# PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

## DIAGNOSING DEPRESSION AND MONITORING RESPONSE TO TREATMENT

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?

Answer each question by circling the number corresponding to your response.

	NOT AT ALL	SEVERAL DAYS	MORE THAN HALF THE DAYS	NEARLY EVERY DAY
1 Little interest or pleasure in doing things	0	1	2	3
2 Feeling down, depressed, or hopeless	0	1	2	3
3 Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4 Feeling tired or having little energy	0	1	2	3
5 Poor appetite or overeating	0	1	2	3
6 Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3
7 Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8 Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9 Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
Score				
Total score				
Previous score	Previous date:			

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

☐ Not difficult at all    ☐ Somewhat difficult    ☐ Very difficult    ☐ Extremely difficult