

### Depression Symptom Monitoring

Symptom	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep disturbance							
Changes in appetite (or overeating)							
Low energy; restlessness							
Loss of interest in pleasurable activities							
Difficulty concentrating or making decisions							
Mood disturbance increased sadness or anxiety							
Increased irritability							
Social Isolation or withdrawal							
TOTAL:							

Rate “3” if symptoms are SEVERE  
 Rate “2” if symptoms are less than Severe  
 Rate “1” if symptoms are present but mild  
 Rate “0” if symptoms are not present

It is a good idea to complete the form at night and rate sleep from the previous night. If you miss a day, try to rate the chart as best as you can remember. I left a “blank” row for you to add any other symptom that might be bothering you. Bring data sheets to next therapy session please.

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