

Depression

Goals, Interventions & Objectives

Goal: Reduce the frequency and severity of depressive symptoms.

Interventions:

- Cognitive Behavioral Therapy (CBT)
- Assessment tools (PHQ-9)
- Medication management.

Objectives:

- Reduce the frequency of major depressive episodes from once a month to once every three months as measured by patient self-report in weekly therapy sessions.
- Decrease the severity of depressive symptoms by 50% as measured by the Beck Depression Inventory-II (BDI-II) after eight weeks of treatment.
- Increase the frequency of positive thoughts and experiences by 50% as measured by daily mood journals over the course of four weeks.
- Manage medications according to prescription over the course of therapy, measurable by self-report and medication log.
- Increase engagement in pleasurable activities by attending at least two enjoyable events per week as measured by daily activity logs.

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Treatment Plans

Measurable Depression Goals

Julia Schneider



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