

Depression - Treatment Planning Tool

Goals, Interventions & Objectives

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SHEET**

**25 Goals
each with
interventions &
objectives!**

Depression - Treatment Plan
Goals, Interventions & Objectives

Goal: Reduce the frequency and severity of depressive episodes.

Interventions:

- Cognitive Behavioral Therapy (CBT)
- Antidepressant medication
- Psychotherapy

Objectives:

- Reduce the frequency of depressive episodes from once a week to once every three months as measured by patient self-report or weekly therapy sessions.
- Decrease the severity of depressive episodes by 50% as measured by the Beck Depression Inventory (BDI-II) after eight weeks of treatment.
- Increase the frequency of positive emotions and experiences by 50% as measured by self-rated positive affect the majority of time.
- Manage medication side effects in partnership with the provider of therapy, ensuring no contraindications or complications.
- Increase engagement in pleasurable activities by attending at least two separate events per week as measured by self-report logs.
- Decrease the frequency of negative self-talk by 50% as measured by a thought diary completed weekly during therapy sessions.
- Improve overall functioning and quality of life by the end of 12 weeks of therapy, as measured by standardized measures such as the SF-36 or EQ-5D.
- Be free of suicidal thoughts.
- Increase daily activity levels and engagement in pleasurable activities by the end of 12 weeks of therapy, as measured by self-report logs and engagement in pleasurable activities.

Ready to copy and paste into your treatment plan!



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• Improve medication management by ensuring adherence and monitoring for side effects.

• Decrease the frequency of depressive episodes from once a week to once every three months as measured by patient self-report or weekly therapy sessions.

• Decrease the severity of depressive episodes by 50% as measured by the Beck Depression Inventory (BDI-II) after eight weeks of treatment.

• Increase the frequency of positive emotions and experiences by 50% as measured by self-rated positive affect the majority of time.

• Manage medication side effects in partnership with the provider of therapy, ensuring no contraindications or complications.

• Increase engagement in pleasurable activities by attending at least two separate events per week as measured by self-report logs.

• Decrease the frequency of negative self-talk by 50% as measured by a thought diary completed weekly during therapy sessions.

• Improve overall functioning and quality of life by the end of 12 weeks of therapy, as measured by standardized measures such as the SF-36 or EQ-5D.

• Be free of suicidal thoughts.

• Increase daily activity levels and engagement in pleasurable activities by the end of 12 weeks of therapy, as measured by self-report logs and engagement in pleasurable activities.

17 Pages

Measurable Treatment Goals For Depression

AW Rasmussen



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