

Depression - Treatment Planning Tool

Goals, Interventions & Objectives

**CHEAT
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 daily mood journals over the course of four weeks.
- Manage side effects resulting in participation with the course of therapy, assessment by self-report and clinician interview.
- Increase engagement in psychotherapy sessions by attending at least two sessions weekly (80% attendance for CBT activity 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 sessions (measured by a validated functional assessment).
- Be free of suicidal thoughts.
- Increase daily activity levels and engagement in psychotherapy sessions by the end of 12 weeks of therapy, increase daily activity level and engagement in psychotherapy sessions.

Ready to copy and paste into your treatment plan!



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• Improve overall functioning by increasing attendance and following at least two sessions weekly as measured by a weekly session attendance record.

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

17 Pages

Measurable Depression Goals

Ying Liu



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