

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
- Psycho-social support

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 therapist and medication log.
- Increase engagement in psycho-social activities by attending at least two support groups (SG) held in conjunction with therapy 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 (overall functioning score from 10 to 20 out of 30) as a validated functional assessment).
- Be free of suicidal thoughts.
- Increase daily activity levels and engagement in psycho-social activities by the end of 12 weeks of therapy, increase daily activity level and engagement in psycho-social activities.

Ready to copy and paste into your treatment plan!



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• Improve overall functioning by attending at least two support groups (SG) held in conjunction with therapy 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 (overall functioning score from 10 to 20 out of 30) as a validated functional assessment).

17 Pages

Measurable Depression Goals

Christian Drosten



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