



**36 QUESTIONS TO ASK YOUR
DOCTOR ABOUT DEPRESSION**

How long have you been in practice?

How much experience do you have in treating depression?

Should I consult with a psychiatrist? (if you are seeing a general practitioner)

Which depression screening will you use?

What type of depression do I have?

Is my depression mild, moderate, or severe?

Can depression or medication affect my sleep?

Can depression or medication affect my appetite?

Can depression or medication affect my weight?

Can depression cause body aches, or headaches?

How can my other medical conditions affect depression or are they causing it?

Is there a medical condition or a medication I am currently taking that can explain my symptoms?

Will my depression be best treated with only medication or a combination of both talk therapy and prescriptions?

How do the medications you are prescribing work and how will they help me?

Are there side effects to any medications being prescribed?

Can I drive on medications being prescribed?

How much and how often of the medication should I take?

What should I do if experience side effects from the medication?

What are the risks of taking medication? Or risks with any other treatments?

Can I drink alcohol?

Should I change my diet?

Can I stop taking the medication anytime?

Are generic medications okay to take?

Are there any natural, alternative, or homemade remedies that can help my depression?

What types of lifestyle changes can help my symptoms?

What are the warning signs that indicate I should seek emergency care or call you?

What should I do in an emergency?

How often should I see you?

How long should treatment last?

What I can do to improve my response to treatment?

What if I want to get pregnant, should I stop taking the medication?

What If I am already pregnant or nursing?

How can my spouse or partner help me? What should they know?

Questions The Doctor May Ask You From Various Depression Screenings

There are various different screenings used to assess depression, here are some questions from each type of screening test:

- **MADRS**

“How is your sleep?”

Sleep issues are usually a typical sign of depression.

- **Beck Depression Inventory**

“How is your energy?”

A decline in energy levels is a typical sign of depression, and the higher the decline, the higher the depression risk rating.

- **PHQ-9**

“In the past two weeks, how often have you felt down, depressed, or hopeless?”

Depression that lasts more than 50% of days or every day over a 2 week period suggests depression.

- **HAMD**

“Have you had any thoughts of suicide?”

Suicidal thoughts or ideation indicate severity of depression

- **Geriatric Depression Scale**

“Do you prefer to stay at home rather than going out and doing new things?”

This yes or no question helps assesses tendency towards isolation, one of the indicators for depression, especially in elderly populations