

TREATMENT CHART - INSTRUCTIONS



Purpose

The purpose of the following Treatment Chart is to provide your doctor or therapist with a record of all treatment you have undergone to manage your depression to date.

Instructions

Prior to your appointment, please complete the Treatment Chart attached to this instruction page. Please provide as much information about the different types of treatment (including psychological interventions such as counselling, or psychotherapy and/or anti-depressant medications, or electro-convulsive therapy - 'ECT'):

- you have had over the years, or are currently undergoing, and
- how helpful you think each treatment has been.

To assist you in completing your own Treatment Chart, we have included:

- a 'Sample Chart'
- a Treatment Identification List.

Sample Only

TREATMENT CHART

Age Commenced	Medication	Dose	Duration	Effective?	Reason for stopping
25	Prothiaden	100 mg/day	6 mths	Yes	Had been well for some time so stopped taking it
32	Zoloft	50 mg/day	8 wks	Slightly	Had side-effects
32	Cipramil	20 mg/day	7 mths	Yes	Improved, decided not to continue
34	Prozac	40 mg/day	3 mths	No	Was totally ineffective
37	Efexor-XR	75 mg/day	12 mths	Partly	Still taking this
Age Commenced	Psychological Therapy	Sessions	Over how long	Effective?	Why stopped
25	Counselling	4 sessions	3 months	Partly	Did not want to continue
34	Cognitive behaviour therapy (group)	6 sessions	6 weeks	Yes/mostly	Finished the prescribed course of group therapy
Age Commenced	ECT	Number of treatments	Over how many weeks	Effective?	Why stopped
36	Bilateral ECT	8	4 weeks	Partly	Memory problems

TREATMENT LIST

This list may help you to remember any treatments you may have tried for depression. The drug name is followed by different brand names.

Antidepressants	Mood Stabilisers	Sedative-Hypnotics
AMITRIPTYLINE / Endep / Tryptanol / Tryptine / Amitrol	CARBAMAZEPINE / Tegretol / Teril / Carbiurn	ALPRAZOLAM / Xanax / Kalma / Ralozam
CITALOPRAM / Cipramil	GABAPENTIN / Neurontin	ATIVAN / Lorazepam
CLOMIPRAMINE / Anafranil / Placil	LAMOTRIGINE / Lamictal	BUSPIRONE / Buspar
DESIPRAMINE / Pertofran	LITHIUM CARBONATE / Lithicarb / Quilonum SR	CLOBAZAM / Frisium
DOTHIEPIN / Prothiaden / Dothep	SODIUM VALPROATE / Epilim / Valpro	CLONAZEPAM / Rivotril
DOXEPIN / Sinequan / Deptran	TOPIRAMATE / Topamax	DIAZEPAM / Valium / Ducene / Antenex
FLUOXETINE / Prozac / Zactin / Lovan / Auscap / Erocap / Fluohexal	Antipsychotics	FLUNITRAZEPAM / Rohypnol / Hypnodorm
FLUVOXAMINE / Luvox / Faverin	AMISULPRIDE / Solian	NITRAZEPAM / Alodorm / Mogadon
IMIPRAMINE / Tofranil / Melipramine	ARIPIPRAZOLE / Abilify	OXAZEPAM / Serepax / Murelax / Alepam
MIANSERIN / Tolvon / Lerivon / Lumin	CHLORPROMAZINE / Largactil	STILNOX / Zolpidem
MIRTAZAPINE / Avanza / Remeron	CLOPIXOL / Clopixol	TEMAZEPAM / Normison / Temtabs / Euhypnos / Temaze / Nocturne
MOCLOBEMIDE / Aurorix / Arima / Mohexal	CLOZAPINE / Clopine / Clozaril	ZOPICLONE / Imovane
NEFAZODONE / Serzone	DROPERIDOL / Droleptan	
NORTRIPTYLINE / Allegron	FLUPENTHIXOL / Fluaxol Depot	Psychological Therapies
PAROXETINE / Aropax	FLUPHENAZINE / Modecate / Anatenzol	COUNSELLING
PHENELZINE / Nardil	HALOPERIDOL / Serenace / Haldol Decanoate	COGNITIVE BEHAVIOURAL THERAPY
SERTRALINE / Zoloft	OLANZAPINE / Zyprexa	GROUP THERAPY
TRANZYLCYPROMINE / Parnate	ORAP / Pimozide	RELATIONSHIP/COUPLES THERAPY
TRIMIPRAMINE / Surmontil	PERICYAZINE / Neulactil	NB. Please include any other specific psychological therapies you may have had (eg. grief therapy, assertiveness training, gestalt therapy, psychodynamic therapy etc.)
VENLAFAXINE / Efexor / Efexor-XR	PROMAZINE / Sparine	
	QUETIAPINE / Seroquel	
	RISPERIDONE / Risperdal	
	THIORIDIAZINE / Aldazine / Melleril	
	THIOTHIXENE / Navane	
	TRIFLUOPERAZINE / Stelazine	