

Tracking Benefits of Your Medication

campusmindworks.org



Medication Name: Zoloft

Treatment Purpose: Treat symptoms of depression

Date Medication Started: May 4, 2009

Today's Date: June 22, 2009

| My Symptoms | Before Treatment | | After Treatment | | Improvement |
|----------------------------|--|--|---|---|---|
| | Frequency | Severity | Frequency | Severity | Amount |
| <i>Difficulty sleeping</i> | <i>Nearly every night (2-3 hours to fall asleep)</i> | <input type="checkbox"/> Very mild <input type="checkbox"/> Mild <input type="checkbox"/> Somewhat mild <input type="checkbox"/> Somewhat severe <input checked="" type="checkbox"/> Severe <input type="checkbox"/> Very severe | <i>Approximately 3x per week (45-60 minutes to fall asleep)</i> | <input type="checkbox"/> Very mild <input type="checkbox"/> Mild <input type="checkbox"/> Somewhat mild <input checked="" type="checkbox"/> Somewhat severe <input type="checkbox"/> Severe <input type="checkbox"/> Very severe | <input type="checkbox"/> No Improvement <input type="checkbox"/> Very little improvement <input type="checkbox"/> Little improvement <input checked="" type="checkbox"/> Some improvement <input type="checkbox"/> Much improvement <input type="checkbox"/> Very much improvement |
| <i>Feeling sad</i> | <i>Every day for most of the day</i> | <input type="checkbox"/> Very mild <input checked="" type="checkbox"/> Mild <input type="checkbox"/> Somewhat mild <input type="checkbox"/> Somewhat severe <input checked="" type="checkbox"/> Severe <input type="checkbox"/> Very severe | <i>A couple of days per week for a few hours</i> | <input type="checkbox"/> Very mild <input type="checkbox"/> Mild <input type="checkbox"/> Somewhat mild <input checked="" type="checkbox"/> Somewhat severe <input type="checkbox"/> Severe <input type="checkbox"/> Very severe | <input type="checkbox"/> No Improvement <input checked="" type="checkbox"/> Very little improvement <input type="checkbox"/> Little improvement <input type="checkbox"/> Some improvement <input type="checkbox"/> Much improvement <input type="checkbox"/> Very much improvement |

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