

campus**mind**works.org



Tracking Benefits of Your Medication

Medication Name: Zoloft Treatment Purpose: Depression

Date Medication Started: Beginning of Fall semester

	Before Treat	ment	After	Treatment	Improvement	
My Symptoms	Frequency	Severity	Frequency	Severity	Amount	
-		□ Very mild		□ Very mild	□ No	
Difficulty sleeping	Nearly every night (2-3 hours to fall asleep)	□ Mild	Approximately 3x per week	☐ Mild	improvement	
		□ Somewhat		□ Somewhat	□ Very little improvement	
		mild	(45-60	mild	□ Little	
		□ Somewhat		✓ Somewhat	improvement	
		severe		severe	✓ Some improvement	
		✓ Severe		□ Severe	□ Much	
		□ Very		□ Very	improvement	
		severe		severe	Very much improvement	
Feeling sad	Every day for most of the day	□ Very mild		□ Very mild	□ No	
		□ Mild	A .1 C	□ Mild	improvement	
		□ Somewhat	A couple of days per	□ Somewhat	□ Very little improvement	
		mild □ Somewhat	week for a few hours	mild	✓ Little	
				✓ Somewhat	improvement	
		severe		severe	□ Some improvement	
		✓ Severe		□ Severe	□ Much	
		□ Very		□ Very	improvement	
		severe		severe	□ Very much improvement	

			Very mild			Very mild		No
			Mild			Mild		improvement
			Somewhat			Somewhat		Very little
			mild			mild		improvement Little
								improvement
			Somewhat			Somewhat	П	Some
			severe			severe		improvement
			Severe			Severe		Much
			Very			Very		improvement
			severe			severe		ery much
			\/			Mamarailal		provement
			Very mild			Very mild		No
			Mild			Mild		improvement Very little
			Somewhat			Somewhat		improvement
			mild			mild		Little
			Somewhat			Somewhat		improvement
			severe			severe		Some
		П	Severe		П	Severe		improvement Much
			Very			Very		improvement
						·		Very much
			severe			severe		improvement
			Very mild			Very mild		No
			Mild			Mild		improvement
			Somewhat			Somewhat		Very little
			mild			mild		improvement Little
			Somewhat			Somewhat		improvement
	\ \							Some
			severe			severe		improvement
			Severe			Severe		Much
			Very			Very		improvement
			severe			severe		Very much
								improvement

For More Information

University of Michigan Depression Center 1-800-475-MICH or 734-936-4400 www.campusmindworks.org/

© 2018 Regents of the University of Michigan