

# 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

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Age Commenced	Medication	Dose	Duration	Effective?	Reason for stopping
Age Commenced	Psychological Therapy	Sessions	Over how long	Effective?	Why stopped
Age Commenced	ECT	Number of treatments	Over how many weeks	Effective?	Why stopped

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