

# Identifying your priorities

Identify which items best describe your current problems from the list outlined below. Choose as many as you like.

- I worry a lot about my general health.
- Recent events require me to make changes in my life.
- I find I lack energy and motivation.
- I have difficulty making decisions or solving problems.
- I have problems in my relationships.
- I have difficulty standing up for myself.
- I have a problem with controlling my intake of cigarettes, other drugs and/or alcohol.
- I have a problem with food, eating or weight.
- I have a problem with gambling.
- I have a problem with self-esteem.
- I have financial or work-related problem.
- I have difficulty dealing with an important loss.
- I have difficulty in moving on from a past event.
- I find myself returning to negative or depressing thoughts.
- I have difficulty controlling my anger and act impulsively.
- I have difficulty with my feelings of anxiety and panic.
- I have difficulty with feeling lonely and isolated.
- My physical health problems get me down.
- There is something else not covered above.



# GP Notes

## Identifying your priorities: Suggested approaches

### Always check for depression type and severity, plus any recent changes

Priority identified Check whether long term or related to depression	Approach suggested <sup>1</sup> After checking presence and type of depression
I worry a lot about my general health	Appropriate Depression sheets, Relaxation, Mindfulness sheets. SSRIs can assist worry.
Recent events have led to the need for changes in my life.	Exploration of event, including reality of concern. Problem Solving, Goal Setting.
I find I lack energy and motivation.	Goal Setting, Motivational Interviewing.
I have difficulty making decisions or solving problems.	Structured problem solving.
I have problems in my relationships.	Lifestyle Sheet, Communication Sheets, Goal Setting.
I have difficulty standing up for myself.	Lifestyle Sheet, Communication Sheets.
I have a problem with controlling my intake of cigarettes, other drugs and/or alcohol.	Lifestyle Sheet, Goal Setting, Motivational Interviewing. Bupropion and Nortriptyline have specific anticraving effects, Doxepin also helpful (see antidepressant chart for details).
I have a problem with food, eating or weight.	Lifestyle Sheet, Goal Setting, Motivational Interviewing.
I have a problem with gambling.	Lifestyle Sheet, Goal Setting, Motivational Interviewing. SSRIs can help some gamblers.
I have a problem with self-esteem.	Lifestyle Sheet, Problem solving, Motivational Interviewing.
I have financial or work-related problem.	Lifestyle Sheet, Goal Setting, Problem Solving.
I have difficulty dealing with an important loss.	Explore further for context, Depression Sheets, Counselling.
I have difficulty in moving on from a past event.	Explore further for context, Counselling.
I find myself returning to negative or depressing thoughts.	Depression Sheets (check content of thoughts and depression type), Problem Solving, Mindfulness. Consider place of antidepressants.
I have difficulty in controlling my anger and act impulsively.	Lifestyle sheet, Problem Solving, Dealing with anger.
I have difficulty with my feelings of anxiety and panic.	Check relationship to depression, Relaxation, Mindfulness, Problem Solving.
I have difficulty with feeling lonely and isolated.	Depression Sheets, Problem Solving, Goal Setting, Motivational Interviewing.
My physical health problems get me down.	Check for delusions, Problem Solving, Relaxation, Mindfulness, Prescribing exercise.

<sup>1</sup> Screen for depression, consider assessment.

