

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.

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

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



**Black Dog
Institute**