# Major Depressive Disorder Treatment Plan

| Patient information | | |
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| Name: Ava Kingsley | Age: 28 | Sex: Female |
| Date of birth: April 10, 1996 | | |
| Phone number: (312) 987-6543 | | |
| Date of consultation: September 3, 2024 | | |
| Diagnosis: Major Depressive Disorder, Moderate | | |
| Symptoms: | | |
| Persistent sadness and feelings of hopelessness<br>Withdrawal from social activities and decreased interest in hobbies<br>Chronic fatigue and reduced energy<br>Difficulty concentrating and frequent forgetfulness<br>Disrupted sleep patterns, including early morning awakenings<br>Noticeable weight loss due to decreased appetite | | |
| Assessment results: | | |
| PHQ-9 score: 19, indicative of moderate depression<br>Beck Depression Inventory (BDI) score: 27<br>Symptoms have persisted for the past 8 months, with increasing severity<br>No psychotic symptoms or substance abuse history<br>Family history of depression (father diagnosed with major depressive disorder) | | |
| **Treatment goals** | | |
| Short-term goals: | | |
| Decrease PHQ-9 score by 30% within 6 weeks<br>Improve sleep to at least 6.5 hours per night within 4 weeks<br>Increase participation in social activities by 15% within 2 weeks | | |
| Long-term goals: | | |
| Achieve a PHQ-9 score below 5 within 6 months<br>Regain the ability to maintain full-time employment and enhance social connections<br>Maintain remission of depressive symptoms for a minimum of 1 year | | |

| Intervention |
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| Start Cognitive Behavioral Therapy (CBT) sessions weekly for the next 12 weeks<br>Introduce a daily 20-minute mindfulness meditation practice<br>Develop and adhere to a structured sleep routine<br>Schedule follow-up appointments every two weeks to monitor progress |
| **Recommended medication (if applicable)** |
| Begin with Escitalopram 10 mg daily, with the option to increase to 20 mg based on response<br>Consider Mirtazapine 15 mg at bedtime for sleep disturbances and appetite stimulation<br>Monitor closely for any side effects and efficacy during each follow-up session |
| **Progress notes** |
| Week 1: Reports slight mood improvement, but still experiencing disrupted sleep<br>Week 3: Increased social activity participation by 10%; sleep improved to 5-6 hours per night<br>Week 6: PHQ-9 score reduced to 13; patient shows improved concentration<br>Week 10: Noticeable improvement in energy levels; considering reduction in Mirtazapine dosage<br>Week 12: Significant symptom improvement, PHQ-9 score now at 7; discussing long-term maintenance plan |

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| Client signature: Ava Kingsley | Date: September 3, 2024 |
| **Healthcare provider's information** | |
| Name: Dr. Liam Thompson | ID number: 123456 |
| Contact details: (312) 654-9873 | Signature: Dr. Liam Thompson |