

APPENDIX 4

PATIENT HANDOUT

Why is it Important to Do More Pleasurable Activities?

When people get depressed they don't feel up to doing the kinds of things they typically enjoy. By doing fewer enjoyable things they begin to feel even worse. As they feel worse, they do even less, and get caught up in a vicious cycle of doing less and less and feeling worse and worse.



As part of problem solving treatment we will help you set a goal of doing at least one pleasurable activity each day. In other words, arranging to provide yourself with a “treat” each day.

Sometimes working on the problem of too few pleasant activities can be a simple and effective way to start to learn problem solving skills.

The positive benefits are:

- (a) You can use problem-solving steps to help with pleasurable activities;
- (b) You will start to assert control over your life in a positive and beneficial way; and
- (c) Your success with doing pleasurable things will give you motivation to tackle some of the more difficult problems in your life.

Appendix 5

PROBLEM SOLVING TREATMENT FOR DEPRESSION PROBLEM LIST

1. Problems with relationships: Spouse or partner Family members: children, grandchildren, other family members Friends Other:	8. Problems with having a daily pleasant activity:
2. Problems with work or volunteer activities:	9. Problems with sexual activity:
3. Problems with money and finances:	10. Problems with religion or moral values:
4. Problems with living arrangements:	11. Problems with self-image:
5. Problems with transportation:	12. Problems with aging:
6. Problems with health:	13. Problems with loneliness:

Appendix 6
PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: _____

Review of progress during previous week:

Rate how satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): ____

Mood (0-10): ____

1. Problem:

2. Goal:

3. Solutions:

4. Pros vs. Cons (Effort, Time, Money, Emotional Impact, Involving Others)

a)	a) Pros (+)	a) Cons (-)
b)	b) Pros (+)	b) Cons (-)
c)	c) Pros (+)	c) Cons (-)
d)	d) Pros (+)	d) Cons (-)
e)	e) Pros (+)	e) Cons (-)

5. Choice of solution:	
6. Action Plan (Steps to achieve solution):	<u>Write down the tasks you completed.</u>
a)	
b)	
c)	
d)	
Pleasant Daily Activities.	Rate how Satisfied it made you feel (0 – 10)
Date Activity	(0 = Not at all; 10 = Extremely)

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Next appointment: _____

Appendix 7

PST-PC Maintenance Class Guidelines

Because we meet only once a month, and the time we have together is short, it's important to come to every class and to be on time. Give it your best shot even if you don't feel at your best.

If you know you will be late or can't make it, please call me at XXX-XXXX.

No one is forced to participate in class but your participation is important. You can learn by just listening but you will learn more by sharing and doing.

Remember everyone needs a chance to talk. The team that works together works the best.

Give others a chance to speak.

Please reserve judgment or negative criticisms.

Please speak your mind but be respectful.

Everything discussed is confidential! Please do not discuss what we talk about in here outside. If you must discuss, don't use other people's names.

If you are unhappy with the class or just think it's not for you, please let me know. You have the power to change and improve the classes.

Important phone numbers:

- If you have a question or you can't make a class:
XXX-XXXX.
- If you have an emergency and you can't reach me, call XXX-XXXX.

