## Appendix C: Selective Serotonin Reuptake Inhibitor (SSRI) Monitoring Form*

**SSRI Medication Monitoring:** Rate both symptoms and side effects using a 0 to 3 scale.

- **0 = not present**
- **1 = a little**
- **2 = a moderate amount**
- **3 = severe and/or frequent**

*Note:* It is important that parents or the adolescent do a baseline for both symptoms and “side effects” before treatment to have a comparison. Extra spaces are provided to add individual target symptoms or side effects.

<table>
<thead>
<tr>
<th>NAME OF PATIENT</th>
<th>MEDICATION</th>
<th>START DATE</th>
</tr>
</thead>
</table>

### Rate both symptoms and side effects using a 0 to 3 scale. 0 = not present 1 = a little 2 = moderate amount 3 = severe and/or frequent

**DATE:**

**DOSE:**

#### Depression
- Depressed mood
- Irritable mood
- Sleep problems
- Fatigue
- Poor concentration
- Appetite problems
- Agitation
- Suicide ideas
- Hopelessness
- Worthlessness
- Social withdrawal
- Slowed down

#### Anxiety
- Insomnia
- Uncontrollable worry
- Panic attacks
- Avoidance
- Stomach aches
- Fatigue
- Poor concentration
- Compulsive habits
- Obsessive thoughts
- Social anxiety

#### Side Effects
- Nausea
- Stomach ache
- Headache
- Shakiness
- Agitation
- Rash
- Can't sleep
- Tired/Sleepy
- Inner restlessness
- Muscle spasms
- Twitching
- Heart racing
- Sexual changes
- Apathy/unmotivated
- Sweating
- Dizzy
- Vivid dreams
- Urinary problem
- Diarrhea
- Appetite decrease
- Appetite increase
- Weight loss
- Weight gain

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Check with your doctor before combining SSRIs with other drugs or herbal remedies!