

# ROAM SYMPTOM TRACKING CHART

Prior to each appointment with the healthcare provider, work with your loved one to fill out this chart, indicating to what extent these symptoms of depression interfered with functioning or were of concern. Your loved one should bring this to the appointment.

Level of interference/concern: 1 - Not at all 2 - Slight 3 - Moderate 4 - High 5 - Extreme

TO WHAT EXTENT WERE THESE SYMPTOMS OF CONCERN OR INTERFERED WITH FUNCTIONING	SINCE THE LAST APPOINTMENT					IN THE PAST MONTH				
<b>REASONING</b>										
Solving problems	1	2	3	4	5	1	2	3	4	5
Exercising judgment	1	2	3	4	5	1	2	3	4	5
Making decisions	1	2	3	4	5	1	2	3	4	5
<b>ORGANIZATION</b>										
Planning	1	2	3	4	5	1	2	3	4	5
Prioritizing	1	2	3	4	5	1	2	3	4	5
Managing time	1	2	3	4	5	1	2	3	4	5
<b>ATTENTION</b>										
Concentrating on tasks	1	2	3	4	5	1	2	3	4	5
Focusing on conversations	1	2	3	4	5	1	2	3	4	5
Thinking clearly	1	2	3	4	5	1	2	3	4	5
<b>MEMORY</b>										
Remembering details	1	2	3	4	5	1	2	3	4	5
Following through with commitments	1	2	3	4	5	1	2	3	4	5
Recalling conversations	1	2	3	4	5	1	2	3	4	5
<b>MOOD</b>										
Feeling down, depressed, hopeless	1	2	3	4	5	1	2	3	4	5
Having little interest and lack of pleasure	1	2	3	4	5	1	2	3	4	5
Being irritable or angry	1	2	3	4	5	1	2	3	4	5
Wanting to hurt self or be dead*	1	2	3	4	5	1	2	3	4	5
<b>OTHER INDICATORS</b>										
Withdrawing from family and friends	1	2	3	4	5	1	2	3	4	5
Sleeping too much or too little	1	2	3	4	5	1	2	3	4	5
Eating too much or too little	1	2	3	4	5	1	2	3	4	5
Moving, thinking, or speaking more slowly	1	2	3	4	5	1	2	3	4	5
Having unexplained aches and pains	1	2	3	4	5	1	2	3	4	5
Abusing alcohol or drugs	1	2	3	4	5	1	2	3	4	5

\* If you believe that someone is suicidal or may cause harm to self or others, seek immediate help: call their mental health provider urgently, take them to the closest emergency room, call 9-1-1, contact the National Suicide Prevention Lifeline at 1-800-273-8255, or text LISTEN to 741741.