

APPENDIX 2

Introducing PST-PC to the Patient in Session 1 Checklist

1. Structure of PST-PC Treatment

- 6 Visits
- Today's Visit: 1-hour; Visits 2-8: 30-minutes
- Weekly and Bi-weekly Visits
- Teach problem solving skills
- Work through at least one problem per week
- Work on homework between visits

2. Establish that Symptoms are Due to Depression

- Assure understanding that depression is causing symptoms
- Collect brief list of key depressive symptoms
- As necessary, use "mind/body" explanation
- State that will track symptoms during treatment

3. Link Between Problems, Depression and PST-PC

- Depression is often caused, or made worse, by the problems of living
- Worsening depression interferes with problem solving: Vicious cycle / Downward spiral
- PST-PC strengthens problem-solving skills
- Improved problem-solving lifts mood
- Improvement follows action

4. Problem-Solving Orientation

- Problems are a normal, predictable part of living
- Problems are not unfair, and should be expected
- Negative mood is a cue that problems exist
- Some degree of control can almost always be achieved
- Taking action alone will cause mood to improve

5. The Seven Stages (Steps) of PST-PC

1. Clarifying and defining the problem
2. Establishing objective achievable goal
3. Solution alternatives: Brainstorming
4. Decision guidelines: Pros and Cons
5. Choosing the preferred solution(s)
6. Implementing the solution(s)
7. Evaluating the outcome

6. Activity Scheduling

- Depression stops people from doing enjoyable things
- Fewer enjoyable things causes and worsens depression
- Vicious cycle / Downward spiral
- We will focus on increasing enjoyable activities each day

7. Problem List Generation

- Focus on current problems
- Allow patient to first spontaneously report current problems
- Systematically review categories from problem worksheet