

**THIS WAY UP ↑↑**

Online courses for anxiety and depression



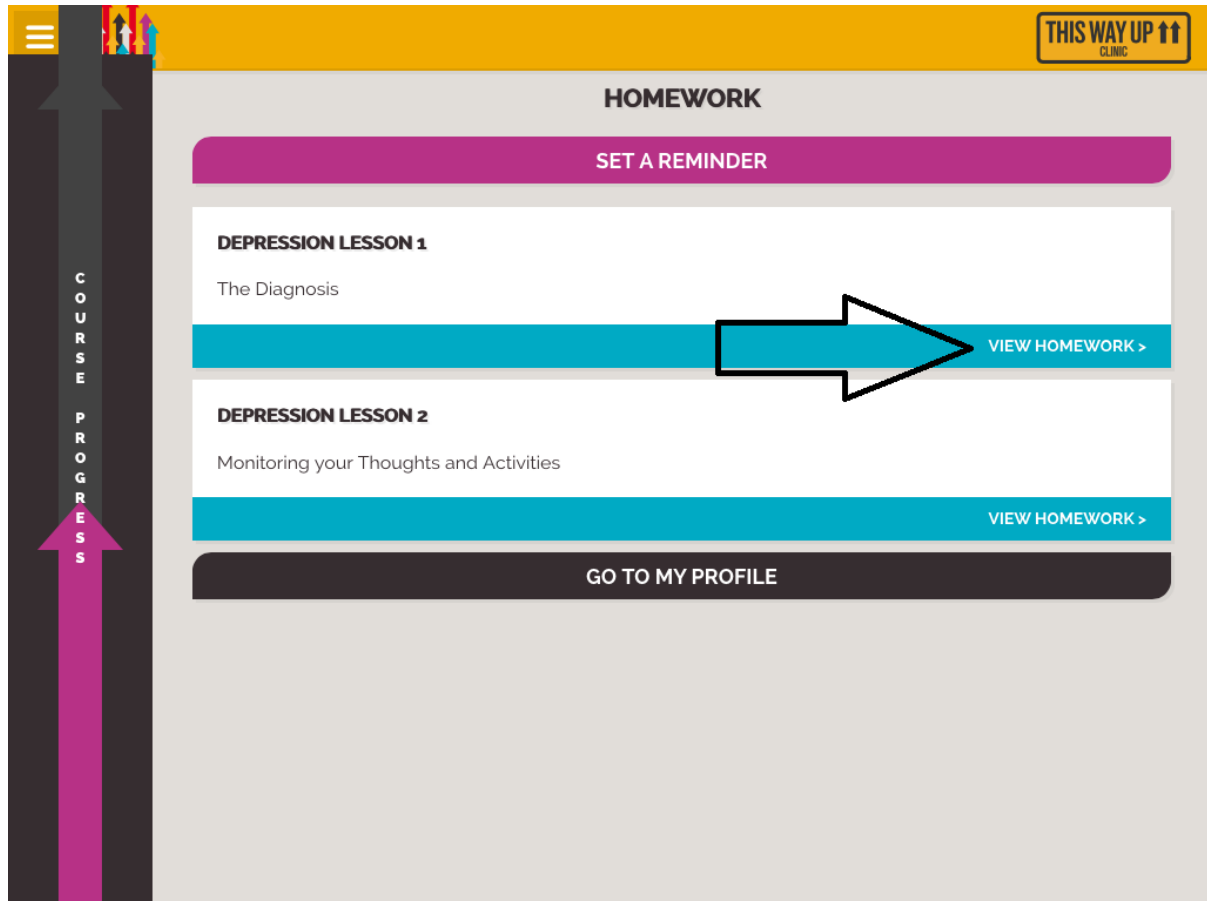
# **This Way Up**

Editing and Storing Smartphone App  
PDF Resources

1. Go to the App store and download **Adobe Fill & Sign – Easy PDF form filler**

<https://itunes.apple.com/au/app/adobe-fill-sign-easy-pdf-form/id950099951?mt=8>

2. Within the This Way Up Managing Depression app, go to view homework (or the desired resource).



3. At the top right of your screen touch the first button (1.) and then touch the Copy to Adobe Fill & Sign icon (2.) This will open the PDF in the Adobe app.

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A CLINIC FOR ANXIETY & DEPRESSION CLINIC

#### 4. Medication

Like CBT, anti-depressant medication has been shown to be highly effective in the treatment of Depression. There is no reason why you cannot have both treatments – in fact, research indicates that those people who are treated with a combination of CBT and medication are the *most likely* to recover from Depression, and to stay well in the future.

Medication is a particularly useful option if your physical symptoms are making it hard for you to get moving, and to concentrate. Participating in this Program requires you to do both of those things – even reading this sheet requires concentration! Anti-depressant medication can help with these problems quite quickly, and can give you the “kick start” you need to get the most out of CBT.

Antidepressants work by restoring the balance of the neurotransmitters serotonin and noradrenaline in the brain. Commonly used antidepressant drugs include:


- Selective serotonin reuptake inhibitors (SSRIs)
- Newer antidepressants such as venlafaxine, mirtazapine and nefazodone
- Tricyclic antidepressants (TCAs)

The National Institute for Clinical Excellence in the United Kingdom recommends the use of either Fluoxetine (Prozac) or Citalopram (Cipramil) for the treatment of Depression because these medications have been shown to be effective with relatively few side effects. These medications are both SSRIs, and may be a good place to start if you wish to try an antidepressant – naturally you should discuss this with your doctor.

When a person first starts taking antidepressants, there can be minor side effects such as nausea or drowsiness that usually pass after 5-7 days. These side effects differ depending on which medication has been prescribed. There is usually a lag of 1-2 weeks before symptoms of Depression start to lift. Commonly, problems such as sleep and appetite disturbance will respond first. The maximum reduction in your depressive symptoms may occur after 4-6 weeks. Some people will require a higher dose of medication to achieve improvement of their symptoms.

It is usually recommended that treatment be continued for 12 months following recovery from a first episode of Depression. For recurrent Depression, longer term or indefinite treatment may be required.

When ceasing antidepressants, it can be helpful to gradually reduce the dose over a period of weeks. This prevents the occurrence of withdrawal symptoms, which can be similar to flu-like complaints. Seek advice from your doctor before stopping your medication.



#### 5. What

It is essential to... Add to Notes Copy to iBooks Copy to Adobe Fill & Sign Copy to Quick Docs

2.

My Ph... More

#### My Cognitive Symptoms – (what I think to myself)

- "This is hopeless"
- "I can't do it"
- "I'm a loser"
- "The treatment won't work"
- "It's all my fault"
- Others \_\_\_\_\_
- Others \_\_\_\_\_

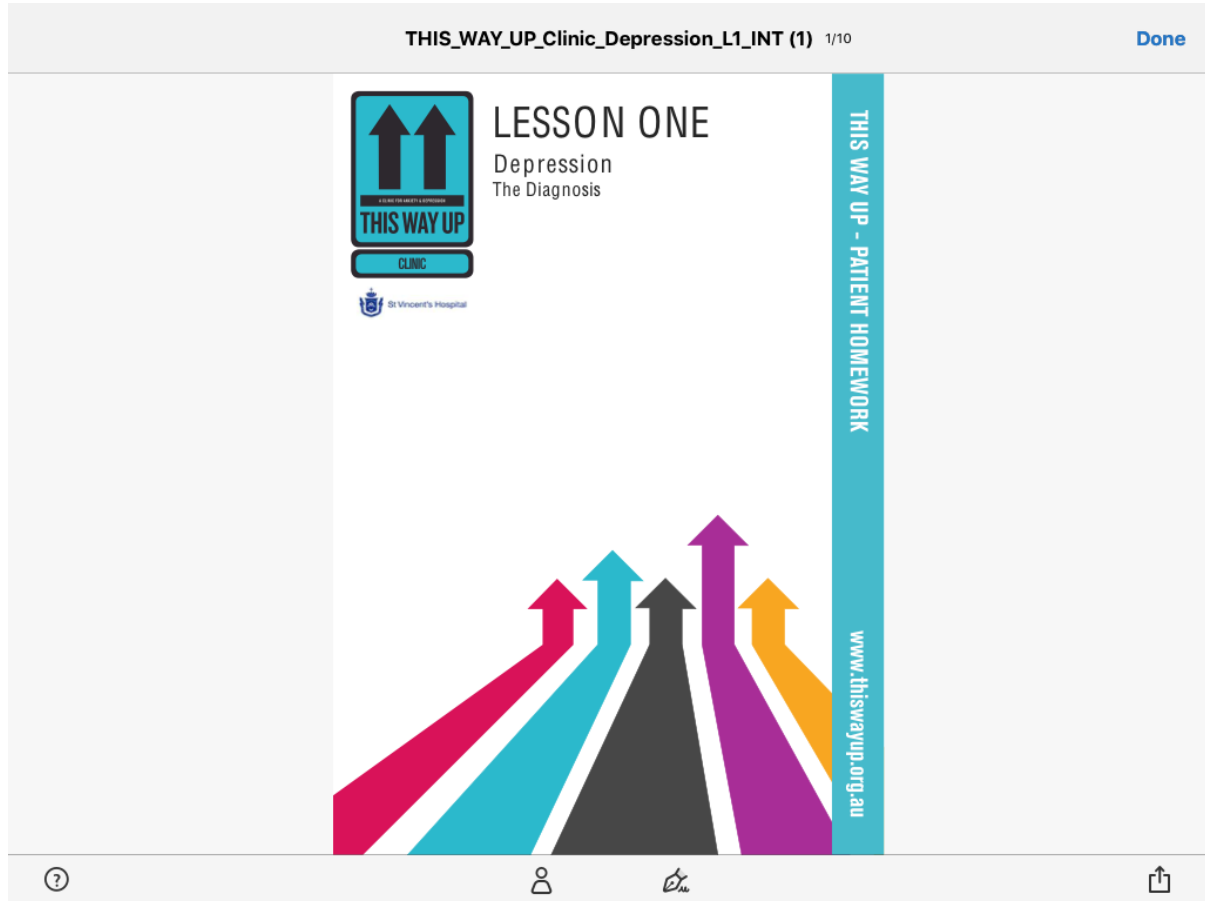
#### My Behavioural Symptoms – (what I do or don't do)

- Drinking more
- Not socialising as much
- Stopping exercise
- Spending more time in bed
- Ignoring mail and phone calls
- Others \_\_\_\_\_
- Others \_\_\_\_\_

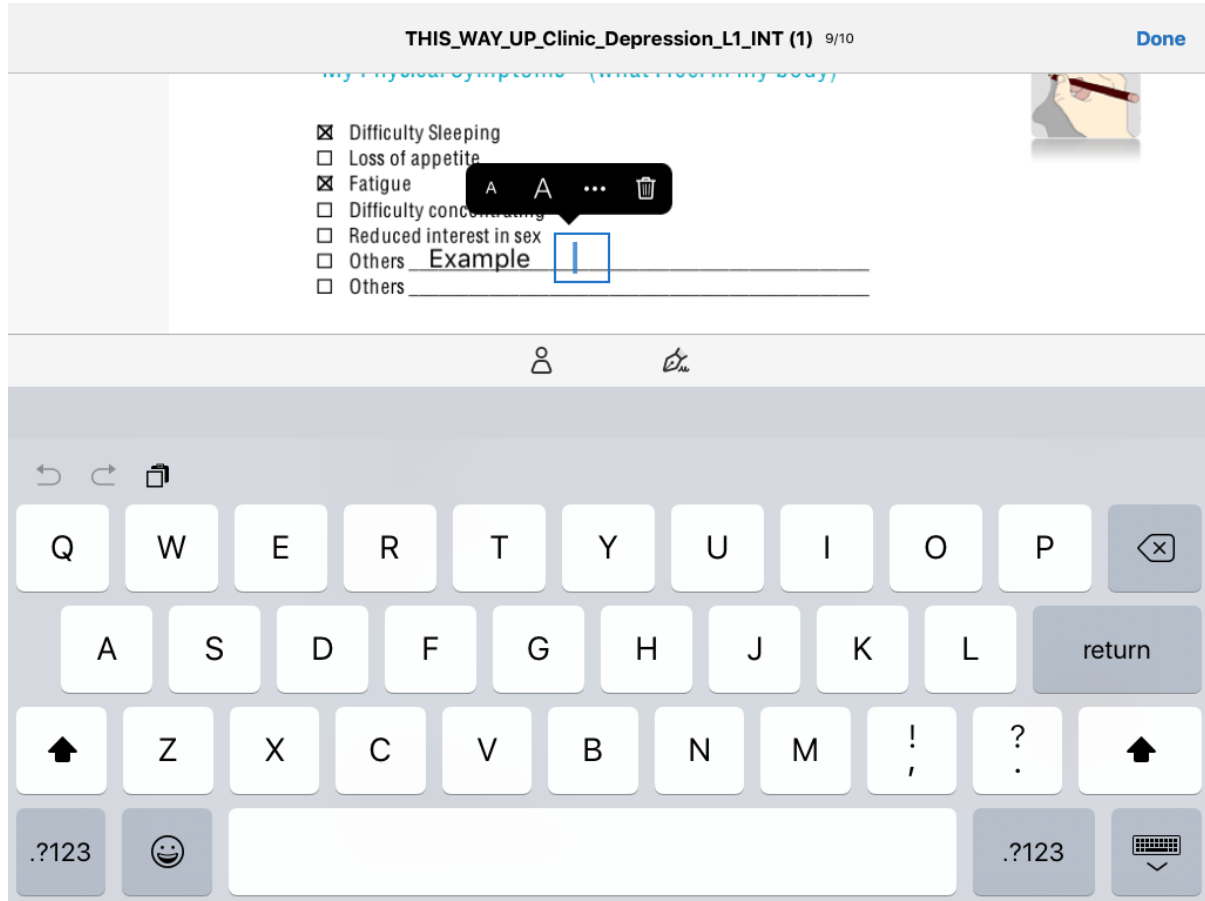
8 of 10

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