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Your personal progress report

You've been taking your medication regularly. That's the best way to find out if it's going to work for you.

Your depression test score hasn't changed significantly since you started. That's okay: most people don't see improvement for a few weeks.

A few issues came up frequently in the last 2 weeks.

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Depression symptoms over time

Lower scores (at the bottom) generally mean fewer signs of depression.

Depression test score (PHQ-9)

| Time | Score Category |
|---------|----------------|
| Started | Severe |
| Today | Severe |

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Depression test score (PHQ-9)

| Time | Score Category |
|---------|----------------|
| Started | Severe |
| Today | Severe |

Your depression score hasn't changed significantly since you started. Day to day, you report feeling down. You're not alone: even people who are starting to feel better have down days.

Your medication

Prozac (fluoxetine) 20 mg, once a day

Taking your medication

Regularly

Is your medication worth it?

Not sure

Last two weeks Next two weeks Two weeks after that

Taking your medication regularly is the best way to find out if it's working for you. It looks like you're not yet sure if it's worth it.

Everyday life

Issues that came up

Low energy or tiredness

Concentration or focus

Last two weeks Next two weeks Two weeks after that

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Bottom line

Your depression test score hasn't changed significantly since you started. That's not unusual: it often takes a few weeks to start seeing improvement on an antidepressant. If you're really struggling at this point, don't be afraid to reach out to your doctor—even if it feels like you just saw them. They may have options to help you.

The best way to see how things progress over the next couple of weeks is to keep checking in regularly.

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doctor—even if it feels like you just saw them. They may have options to help you.

The best way to see how things progress over the next couple of weeks is to keep checking in regularly.

If you ever have thoughts of harming yourself, reach out to a friend, family member, your doctor, or call the support hotline at 1 (800) 273-8255.

Tap **Continue** at the top right of your screen.

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Now you've seen your progress report. What do you plan to do?

Keep going

Talk to my doctor about a change

Actually, I already made a change

I stopped my medication

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Thanks for going through all those questions, and sorry that you've been feeling so troubled by things over the last two weeks. It's tough, but treatment tends to help people get better.

It's good to know that antidepressants generally have the strongest effect for people who feel down often and who are having a lot of trouble with symptoms of depression.

If you've been thinking about hurting yourself or someone else, reach out to your doctor or someone else you trust. You can also call the National Suicide Prevention Lifeline or text the Crisis Text Line, 24 hours

Done



Track your progress and side effects, and see yourself get better.

Start is a free app we made to help you decide if an antidepressant works for you.

(xxx) xxx-xxxx

Text Download Link

Type your phone number, and we'll send an install link straight to your iPhone.

Learn more



What People Are Saying About Start

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This app seems very empowering and the information gathered could lead to better understanding of how effective antidepressants are, compared to what is often disclosed to doctors (white coat syndrome). Well done Iodine!

Rachel T, from Milwaukee, WI

What People Are Saying About Start

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Start has been an amazing resource for me in learning about depression medication options and feeling like I have an active role in charting my personal progress.

My psychiatric nurse practitioner thought the app was an awesome way to help depressed patients feel agency and informed in their medication process between check-ins. Personally, I've found the alarms and check-ins on Start to be helpful mindfulness reinforcements.

Lauren G., 25, Boston, MA

What People Are Saying About Start

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I think the best thing about Start is simply that you have to acknowledge your depression.

It took me a long time to admit I had depression and even longer to feel comfortable discussing it and to feel proud when I overcame hurdles as small as getting up and going outside when I am in a low place. I think Start, along with medication and therapy, made that possible. I really appreciate your app and the work you do, so thank you.

Emily B., 19, Boulder, CO

What People Are Saying About Start

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Trying a new medication is really overwhelming. Searching online for information is one thing, but being able to track a personal journey to wellness with an app like this, is quite another.

Amanda L, mental health advocate from Sacramento, CA