

In patients who have primary hypothyroidism and in which we do not need to achieve suppression of TSH, the primary therapeutic index of replacement is TSH. So, patients who responded to therapy, meaning do not have symptoms of hypothyroidism after initiation of therapy, and are doing fine, for them a normalization of TSH is insufficient to declare an achievement of the therapeutic goal.

And, assuming that there are no intervening conditions such as-- a new medication say, proton pump inhibitors, or a significant change in body weight, or there are no ongoing illnesses. A TSH can be measured every six months to one year and that should be sufficient as a monitor of thyroid hormone stages.

Of course some depression develop symptoms, that they can be ascribed to thyroid disease, then the providers should measure again TSH, and consider whether going on second-line test.