MAURICE PRETER, MD Neurology/Psychiatry 1160 Fifth Avenue, 112 New York, NY 10029 Phone/Fax +1-212-713-5336

Mood Chart

After Sachs, G (1996): J. Clin. Psychopharm. 16:2(suppl 1) p47S MGH web resources are gratefully acknowledged

Name _____ _____ _____ **Mo/Yr** _____

Date (circle for menses)	**Medication** (enter number of pills taken each day)						**Mood**										**Sleep**			**Other symptoms**	**Comments**
	med 1 mg	med 2 mg	med 3 mg	med 4 mg	med 5 mg	med 6 mg	enter 0-3 0=none 1=mild 2=moderate 3=severe anx.	irrit.	two check marks: worst and best for each day — depressed: cannot work +++	impaired ++	not impaired +	nl: normal mood	activated or euphoric: not impaired +	impaired ++	cannot work +++		check one: increased sleep	normal sleep	insomnia	for instance: problems w/ cognition or memory, hallucinations, paranoid ideas, etc.	for instance: significant events that might affect mood — interactions, successes, disappointments, anniversaries, illness, losses, etc.
1																					
2																					
3																					
4																					
5																					
6																					
7																					
8																					
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					
17																					
18																					
19																					
20																					
21																					
22																					
23																					
24																					
25																					
26																					
27																					
28																					
29																					
30																					
31																					weight =