How to read & rate on -10 to +10 mood & energy thermometer (+0 to +10 anger & anxiety):

<table>
<thead>
<tr>
<th></th>
<th>Less than half day</th>
<th>Almost all day</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXTREME</td>
<td>(less than half-day)</td>
<td>10 (almost all day)</td>
</tr>
<tr>
<td>9</td>
<td></td>
<td>EXTREME</td>
</tr>
<tr>
<td>SEVERE</td>
<td>(less than half-day)</td>
<td>8 (almost all day)</td>
</tr>
<tr>
<td>7</td>
<td></td>
<td>SEVERE</td>
</tr>
<tr>
<td>MODERATE</td>
<td>(less than half-day)</td>
<td>6 (almost all day)</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>MODERATE</td>
</tr>
<tr>
<td>MILD</td>
<td>(less than half-day)</td>
<td>4 (almost all day)</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>MILD</td>
</tr>
<tr>
<td>SLIGHT</td>
<td>(less than half-day)</td>
<td>2 (almost all day)</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>SLIGHT</td>
</tr>
<tr>
<td>O (OKAY)</td>
<td>(less than half-day)</td>
<td>0 (almost all day)</td>
</tr>
<tr>
<td>0</td>
<td></td>
<td>O (OKAY)</td>
</tr>
</tbody>
</table>

Mood & Energy Thermometer: This is an improved and practical way of monitoring complex mood cycles and daily schedule. Given that some clinicians and patients may get confused about different meanings of 1 to 10 scales, we considered to improve the language in communicating (and monitoring) mood.

Moreover, many children report their energy levels more accurately than their mood and therefore, we incorporated energy levels in the mood rating.

The Mood and Energy Thermometer that we developed at Western Psychiatric Institute and Clinic (WPIC) rates mania and increased energy on a 1 to 10 scale and rates depression and tiredness on -1 to -10 scale and attempts to form a common language between patients, families, and clinicians.

This scale also takes into account time spent in depression and mania such as -4 would mean "mild depression" and "mild tiredness" present in >50% of the time (an even score means <50% of the day) and -3 would mean "mild depression" and "mild tiredness" present in <50% of the time (an odd score means >50% of the day).

Our inclusion of measuring energy levels is consistent with the new classification system of DSM 5, because energy level is now in DSM 5 as a main mood symptom criterion. Bipolar track patients (whether they have mania or depression, or mixed features) are rating their mood and energy levels every day on this scale and our master's degree clinician (on the inpatient unit) meet with them on daily basis to help them better identify and record their mood symptoms.

This approach has significant clinical value for not only identifying diagnosis and best treatment interventions but also preventing a potential mood episode.

Parents can also rate their child's mood to keep the treatment team updated about their observation.

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Mood & Energy Thermometer

Please circle one or more of the below numbers FROM EACH COLUMN that reflects your mood & energy levels reflecting your day. You can circle more than one number if you mood/energy changes during the day.

<table>
<thead>
<tr>
<th><strong>Depressed/Down</strong></th>
<th><strong>Okay Mood</strong></th>
<th><strong>Okay Energy</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>+10</strong> SUPER ELEVATED</td>
<td>+10 SUPER ENERGETIC</td>
<td>Have constant motor excitement, non-stop moving around, and cannot control self &amp; cannot slow down at all &amp; cannot function at all &amp; someone needs to be present to monitor safety.</td>
</tr>
<tr>
<td><strong>+9</strong> EXTREMELY ELEVATED</td>
<td>+9 EXTREMELY ENERGETIC</td>
<td>Have motor excitement, non-stop moving around, and cannot control self &amp; cannot slow down at all &amp; cannot function at all &amp; someone needs to be present to monitor safety.</td>
</tr>
<tr>
<td><strong>+8</strong> SEVERELY ELEVATED-almost all day</td>
<td>+8 SEVERELY ENERGETIC -almost all day</td>
<td>Have excessive energy &amp; constantly moving and pacing about, and can control energy only briefly &amp; very difficult to slow down &amp; don't function well.</td>
</tr>
<tr>
<td><strong>+7</strong> SEVERELY ELEVATED- less than 50% of the day</td>
<td>+7 SEVERELY ENERGETIC- less than 50% of the day</td>
<td>Have excessive energy &amp; constantly moving and pacing about, and can control energy only briefly &amp; very difficult to slow down &amp; don't function well.</td>
</tr>
<tr>
<td><strong>+6</strong> MODERATELY ELEVATED-almost all day</td>
<td>+6 MODERATELY ENERGETIC -almost all day</td>
<td>Have excessive energy &amp; constantly moving and pacing about, and can control energy only briefly &amp; very difficult to slow down &amp; don't function well.</td>
</tr>
<tr>
<td><strong>+5</strong> MODERATELY ELEVATED- less than 50% of the day</td>
<td>+5 MODERATELY ENERGETIC-less than 50% of the day</td>
<td>Feel energetic &amp; hyper much more than usual/baseline (out of proportion) &amp; restless/pace &amp; some difficulty to control energy &amp; some difficulty to slow down &amp; don't function as good before.</td>
</tr>
<tr>
<td><strong>+4</strong> MILDLY ELEVATED-almost all day</td>
<td>+4 MILDLY ENERGETIC-almost all day</td>
<td>Feel energetic &amp; hyper more than usual/baseline &amp; others may notice it, but can easily slow down &amp; function ok.</td>
</tr>
<tr>
<td><strong>+3</strong> MILDLY ELEVATED-less than 50% of the day</td>
<td>+3 MILDLY ENERGETIC-less than 50% of the day</td>
<td>Feel energetic &amp; hyper more than usual/baseline &amp; others may notice it, but can easily slow down &amp; function ok.</td>
</tr>
<tr>
<td><strong>+2</strong> SLIGHTLY ELEVATED-almost all day long</td>
<td>+2 SLIGHTLY MORE ENERGY-almost all day long</td>
<td>Feel a little bit more energetic than usual, but others don't notice a change &amp; function ok.</td>
</tr>
<tr>
<td><strong>+1</strong> SLIGHTLY MORE ENERGY- less than 50% of the day</td>
<td>+1 SLIGHTLY MORE ENERGY-less than 50% of the day</td>
<td>Feel a little bit more energetic than usual, but others don't notice a change &amp; function ok.</td>
</tr>
<tr>
<td><strong>0</strong></td>
<td>Ok</td>
<td>Feel a little bit more cheerful and optimistic, but others don't notice &amp; function ok.</td>
</tr>
<tr>
<td><strong>-1</strong> SLIGHTLY DOWN- less than 50% of the day</td>
<td>-1 SLIGHTLY TIRED- less than 50% of the day</td>
<td>Feel a little depressed and cheerless, but others don't notice a change &amp; function ok.</td>
</tr>
<tr>
<td><strong>-2</strong> SLIGHTLY DOWN-almost all day</td>
<td>-2 SLIGHTLY TIRED-almost all day</td>
<td>Feel a little bit more tired, but others don't notice a change &amp; function ok.</td>
</tr>
<tr>
<td><strong>-3</strong> MILDLY DOWN - less than 50% of the day</td>
<td>-3 MILDLY TIRED-less than 50% of the day</td>
<td>Feel more tired and less active than usual/baseline &amp; others may notice it, but can be active during the day &amp; function ok.</td>
</tr>
<tr>
<td><strong>-4</strong> MILDLY DOWN - almost all day</td>
<td>-4 MILDLY TIRED-almost all day</td>
<td>Feel more tired and less active than usual/baseline &amp; others may notice it, but can be active during the day &amp; function ok.</td>
</tr>
<tr>
<td><strong>-5</strong> MODERATELY DOWN - less than 50% of the day</td>
<td>-5 MODERATELY TIRED-less than 50% of the day</td>
<td>Feel more tired and less active than usual/baseline &amp; others may notice it, but can be active during the day &amp; function ok.</td>
</tr>
<tr>
<td><strong>-6</strong> MODERATELY DOWN - almost all day</td>
<td>-6 MODERATELY TIRED-almost all day</td>
<td>Feel more tired and less active than usual/baseline &amp; others may notice it, but can be active during the day &amp; function ok.</td>
</tr>
<tr>
<td><strong>-7</strong> SEVERELY DOWN- less than 50% of the day</td>
<td>-7 SEVERELY TIRED- less than 50% of the day</td>
<td>Feel more tired and less active than usual/baseline &amp; others may notice it, but can be active during the day &amp; function ok.</td>
</tr>
<tr>
<td><strong>-8</strong> SEVERELY DOWN - almost all day</td>
<td>-8 SEVERELY TIRED-almost all day</td>
<td>Feel more tired and less active than usual/baseline &amp; others may notice it, but can be active during the day &amp; function ok.</td>
</tr>
<tr>
<td><strong>-9</strong> EXTREMELY DOWN</td>
<td>-9 EXTREMELY TIRED</td>
<td>Feel like drained and worn out &amp; almost no physical activity and cannot move around &amp; function poorly.</td>
</tr>
<tr>
<td><strong>-10</strong> AT THE LOWEST POINT</td>
<td>-10 NO ENERGY AT ALL</td>
<td>Have constant motor retardation, and cannot move arms or legs &amp; cannot function at all &amp; someone needs to be present to monitor safety.</td>
</tr>
</tbody>
</table>

Rasim Somer Diler, MD. Child and Adolescent Bipolar Spectrum Services (Cabs), Western Psychiatric Institute and Clinic of University of Pittsburgh Medical Center. "Mood and Energy Thermometer." Revised in 2013. 

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ANGER & ANXIETY THERMOMETER

Please circle one or more of the below numbers FROM EACH COLUMN that reflects your anger & anxiety/worry levels reflecting your day. You can circle more than one number if you anger/anxiety changes during the day.

![Anger and Anxiety Thermometer]

+10 SUPER ANGRY
- Have constant anger, and have no control over self & cannot be calmed down at all & cannot function at all & someone needs to be present to monitor safety.
+9 EXTREMELY ANGRY
- Have extreme anger, cannot control self & cannot be calmed down & function poorly.
+8 SEVERELY ANGRY-almost all day
- Feel very angry, and can control self only briefly & very difficult to calm down & don't function well.
+7 SEVERELY ANGRY-less than 50% of the day
- Feel very angry, and can control self only briefly & very difficult to calm down & don't function well.
+6 MODERATELY ANGRY-almost all day
- Feel more anger than usual/baseline (out of proportion) & some difficulty to control self & some difficulty to calm down & don't function as good as before.
+5 MODERATELY ANGRY-less than 50% of the day
- Feel more anger than usual/baseline (out of proportion) & some difficulty to control self & some difficulty to calm down & don't function as good as before.
+4 MILDLY ANGRY-almost all day
- Feel more anger than usual/baseline & others may notice it, but can calm down & function ok.
+3 MILDLY ANGRY-less than 50% of the day
- Feel more anger than usual/baseline & others may notice it, but can calm down & function ok.
+2 SLIGHTLY ANGRY-almost all day long
- Feel a little bit more angry, but others don't notice & function ok.
+1 SLIGHTLY ANGRY-less than 50% of the day
- Feel a little bit more angry, but others don't notice & function ok.

- NOT ANGRY

- NOT WORRIED

WORRIED/ANXIOUS

+10 SUPER WORRIED/ANXIOUS
- Have constant worried/anxiety, and have no control over self & cannot be calmed down at all & cannot function at all & someone needs to be present to monitor safety.
+9 EXTREMELY WORRIED/ANXIOUS
- Have extreme worried/anxiety, cannot control self & cannot be calmed down & function poorly.
+8 SEVERELY WORRIED/ANXIOUS-almost all day
- Feel very worried/anxious, and can control self only briefly & very difficult to calm down & don't function well.
+7 SEVERELY WORRIED/ANXIOUS-less than 50% of the day
- Feel very worried/anxious, and can control self only briefly & very difficult to calm down & don't function well.
+6 MODERATELY WORRIED/ANXIOUS-almost all day
- Feel more worried/anxious than usual/baseline (out of proportion) & some difficulty to control self & some difficulty to calm down & don't function as good as before.
+5 MODERATELY WORRIED/ANXIOUS-less than 50% of the day
- Feel more worried/anxious than usual/baseline (out of proportion) & some difficulty to control self & some difficulty to calm down & don't function as good as before.
+4 MILDLY WORRIED/ANXIOUS-almost all day
- Feel worried/anxious than usual/baseline & others may notice it, but can easily slow down & function ok.
+3 MILDLY WORRIED/ANXIOUS-less than 50% of the day
- Feel worried/anxious than usual/baseline & others may notice it, but can easily slow down & function ok.
+2 SLIGHTLY WORRIED/ANXIOUS-almost all day long
- Feel a little bit more worried/anxious than usual, but others don't notice a change & function ok.
+1 SLIGHTLY WORRIED/ANXIOUS-less than 50% of the day
- Feel a little bit more worried/anxious than usual, but others don't notice a change & function ok.

SLEEP SCHEDULE

- Did you have good sleep last night? Yes/No
- What time did you go to bed last night? _____
- Did you have difficulty to fall asleep last night? Yes/No
- Did you have difficulty to stay asleep last night? Yes/No
- How many hours of sleep did you get last night? _____
- Who was your first contact in the morning? ________

Rasim Semer Osher, MD. Child and Adolescent Bipolar Spectrum Services (CABS), Western Psychiatric Institute and Clinic of University of Pittsburgh Medical Center: "Anger and Anxiety Thermometer." 2014. This form may only be used for non-commercial education and research purposes. If you would like to use this instrument for commercial purposes or for commercially sponsored research, please contact the Office of Technology Management at the University of Pittsburgh at 412-648-2206 for licensing information. Copyright 2008, University of Pittsburgh. All rights reserved.
CABS: Mood Monitoring Card

*Please complete the below scale every day. You can enter one score OR multiple scores to show highest, lowest, and average scores.

<table>
<thead>
<tr>
<th>Day</th>
<th>Mood &amp; Energy Thermometer</th>
<th>AA</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ELATED &amp; DOWN</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(-10 to +10)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ELATED &amp; DOWN</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(-10 to +10)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ANGER</td>
<td>0 to +10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>ANXIETY / WORRIES</td>
<td>0 to +10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SLEEP</td>
<td>hours</td>
<td></td>
</tr>
<tr>
<td>Sun</td>
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<td>Mon</td>
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<td>Tues</td>
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<td>Fri</td>
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<tr>
<td>Sat</td>
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</tr>
</tbody>
</table>

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**CABS: Mood Monitoring Card**

*Please complete the below scale every day. You can enter one score OR multiple scores to show highest, lowest, and average scores.*

<table>
<thead>
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<th>Mood &amp; Energy Thermometer</th>
<th>AA</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mood Elated &amp; Down</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Energy Elated &amp; Down</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Anger 0 to +10</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Anxiety/Worries 0 to +10</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sleep hours</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**How to rate on the -10 to +10 (& 0 to +10) scales:**

- **Extreme (less than half day)**
  - Mood: -10 (almost all day)
  - Energy: -10 (almost all day)
  - Anger: -10 (almost all day)
  - Anxiety/Worries: -10 (almost all day)
  - Sleep: 0 (less than half day)

- **Severe (less than half day)**
  - Mood: -9 (almost all day)
  - Energy: -9 (almost all day)
  - Anger: -9 (almost all day)
  - Anxiety/Worries: -9 (almost all day)
  - Sleep: 0 (less than half day)

- **Moderate (less than half day)**
  - Mood: -8 (almost all day)
  - Energy: -8 (almost all day)
  - Anger: -8 (almost all day)
  - Anxiety/Worries: -8 (almost all day)
  - Sleep: 0 (less than half day)

- **Mild (less than half day)**
  - Mood: -7 (almost all day)
  - Energy: -7 (almost all day)
  - Anger: -7 (almost all day)
  - Anxiety/Worries: -7 (almost all day)
  - Sleep: 0 (less than half day)

- **Slight (less than half day)**
  - Mood: -6 (almost all day)
  - Energy: -6 (almost all day)
  - Anger: -6 (almost all day)
  - Anxiety/Worries: -6 (almost all day)
  - Sleep: 0 (less than half day)

- **O (Okay)**
  - Mood: -5 (almost all day)
  - Energy: -5 (almost all day)
  - Anger: -5 (almost all day)
  - Anxiety/Worries: -5 (almost all day)
  - Sleep: 0 (less than half day)

- **Slight (last half day)**
  - Mood: -4 (almost all day)
  - Energy: -4 (almost all day)
  - Anger: -4 (almost all day)
  - Anxiety/Worries: -4 (almost all day)
  - Sleep: 0 (less than half day)

- **Moderate (last half day)**
  - Mood: -3 (almost all day)
  - Energy: -3 (almost all day)
  - Anger: -3 (almost all day)
  - Anxiety/Worries: -3 (almost all day)
  - Sleep: 0 (less than half day)

- **Severe (last half day)**
  - Mood: -2 (almost all day)
  - Energy: -2 (almost all day)
  - Anger: -2 (almost all day)
  - Anxiety/Worries: -2 (almost all day)
  - Sleep: 0 (less than half day)

- **Extreme (last half day)**
  - Mood: -1 (almost all day)
  - Energy: -1 (almost all day)
  - Anger: -1 (almost all day)
  - Anxiety/Worries: -1 (almost all day)
  - Sleep: 0 (less than half day)

- **Almost all day**
  - Mood: 0 (almost all day)
  - Energy: 0 (almost all day)
  - Anger: 0 (almost all day)
  - Anxiety/Worries: 0 (almost all day)
  - Sleep: 0 (less than half day)

- **Less than half day**
  - Mood: +1 (almost all day)
  - Energy: +1 (almost all day)
  - Anger: +1 (almost all day)
  - Anxiety/Worries: +1 (almost all day)
  - Sleep: 0 (less than half day)

- **Slight (last half day)**
  - Mood: +2 (almost all day)
  - Energy: +2 (almost all day)
  - Anger: +2 (almost all day)
  - Anxiety/Worries: +2 (almost all day)
  - Sleep: 0 (less than half day)

- **Moderate (last half day)**
  - Mood: +3 (almost all day)
  - Energy: +3 (almost all day)
  - Anger: +3 (almost all day)
  - Anxiety/Worries: +3 (almost all day)
  - Sleep: 0 (less than half day)

- **Severe (last half day)**
  - Mood: +4 (almost all day)
  - Energy: +4 (almost all day)
  - Anger: +4 (almost all day)
  - Anxiety/Worries: +4 (almost all day)
  - Sleep: 0 (less than half day)

- **Extreme (last half day)**
  - Mood: +5 (almost all day)
  - Energy: +5 (almost all day)
  - Anger: +5 (almost all day)
  - Anxiety/Worries: +5 (almost all day)
  - Sleep: 0 (less than half day)

- **Almost all day**
  - Mood: +6 (almost all day)
  - Energy: +6 (almost all day)
  - Anger: +6 (almost all day)
  - Anxiety/Worries: +6 (almost all day)
  - Sleep: 0 (less than half day)

- **Extreme (less than half day)**
  - Mood: +7 (almost all day)
  - Energy: +7 (almost all day)
  - Anger: +7 (almost all day)
  - Anxiety/Worries: +7 (almost all day)
  - Sleep: 0 (less than half day)

- **Almost all day**
  - Mood: +8 (almost all day)
  - Energy: +8 (almost all day)
  - Anger: +8 (almost all day)
  - Anxiety/Worries: +8 (almost all day)
  - Sleep: 0 (less than half day)

- **Extreme (less than half day)**
  - Mood: +9 (almost all day)
  - Energy: +9 (almost all day)
  - Anger: +9 (almost all day)
  - Anxiety/Worries: +9 (almost all day)
  - Sleep: 0 (less than half day)

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CABS: Mood Monitoring Card

*Please complete the below scale every day. You can enter one score OR multiple scores to show highest, lowest, and average scores.

<table>
<thead>
<tr>
<th>Day</th>
<th>Mood &amp; Energy Thermometer</th>
<th>AA</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mood Elated &amp; Down</td>
<td>-10 to +10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Energy Elated &amp; Down</td>
<td>-10 to +10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Anger</td>
<td>0 to +10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Anxiety/Worries</td>
<td>0 to +10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sleep</td>
<td>hours</td>
<td></td>
</tr>
</tbody>
</table>

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

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