SIMPLIFIED MOOD & ENERGY THERMOMETER

Less than half day Almost all day **EXTREME** 10 **EXTREME** (almost all day) (less than half-day) 9 8 (almost all day) **SEVERE** SEVERE (less than half-day) 7 6 (almost all day) MODERATE MODERATE (less than half-day) 5 4 (almost all day) MILD MILD (less than half-day) 3 2 (almost all day) SLIGHT SLIGHT (less than half-day) 1 (less than half-day) O (OKAY) O (OKAY) 0 0 (almost all day)

How to read mood & energy thermometer (+ anger&anxiety):

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% 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 next mood episode.

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

Name: Date:

MOOD & ENERGY THERMOMETER (simplified)

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

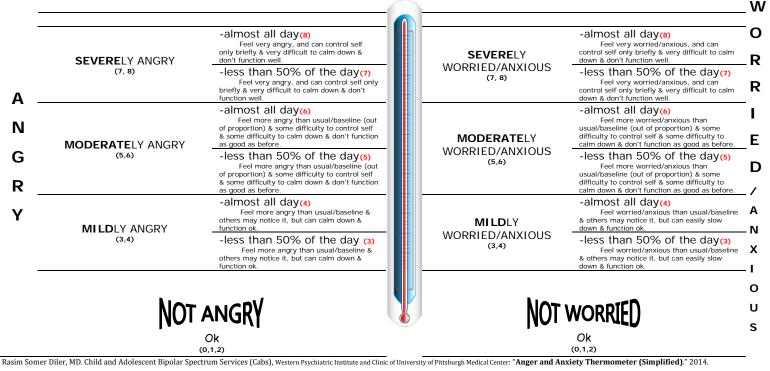
SEVERELY ELEVATED	-almost all day(8) Feel very happy & giggling & laughing, and can control self only briefly & very difficult to calm down & don't function well.	SEVERELY ENERGETIC	-almost all day(8) Have excessive energy & constantly moving and pacing about, and can control energy only briefly & very difficult to slow down & don't function well.
(7, 8)	-less than 50% of the day(7) Feel very happy & giggling & laughing, and can control self only briefly & very difficult to calm down & don't function well.	(7, 8)	-less than 50% of the day(7). Have excessive energy & constantly moving and pacing about, and can control energy only briefly & very difficult to slow down & don't function well.
MODERATELY ELEVATED (5,6)	-almost all day(6) Feel cheerful/optimistic much more than usual/baseline (out of proportion) & some difficulty to control self & some difficulty to calm down & don't function as good as before. -less than 50% of the day(5) Feel cheerful/optimistic much more than usual/baseline (out of proportion) & some difficulty to control self & some difficulty to calm down & don't function as good as before.	MODERATELY ENERGETIC (5,6)	-almost all day(6) Have excessive energy & constantly moving and pacing about, and can control energy only briefly & very difficult to slow down & don't function well. -less than 50% of the day(s Feel energetic and hyper much more than usual/baseline (out of proportion) & restless/pace & some difficulty to control energy & some difficulty to slow down &
MILDLY ELEVATED (3,4)	-almost all day(4) Feel cheerful and optimistic more than usual/baseline & others may notice it, but can calm down & function ok. -less than 50% of the day (3) Feel cheerful and optimistic more than usual/baseline & others may notice it, but can	MILDLY ENERGETIC (3,4)	don't function as good as before. -almost all day(4) Feel energetic and hyper more than usual/baseline & others may notice it, but can easily slow down & function ok. -less than 50% of the day(3) Feel energetic and hyper more than usual/baseline & others may notice it, but
	́мо0[)		' ENERGY
	-less than 50% of the day(-3) Feel depressed and cheerless more than		-less than 50% of the day(-3) Feel more tired and less active than
	-less than 50% of the day(-3) Feel depressed and cheerless more than usua & enjoying things and having fun is somewhat difficult & others may notice a change, but can brighten up & function ok. -almost all day(-4) Feel depressed and cheerless more than usual & enjoying things and having fun is somewhat difficult & others may notice a		-less than 50% of the day(-3) Feel more tired and less active than usual/baseline & others may notice it, but can be active during the day & function ok. -almost all day(-4) Feel more tired and less active than
(0,1,2)	-less than 50% of the day(-3) Feel depressed and cheerless more than usual & enjoying things and having fun is somewhat difficult & others may notice a change, but can brighten up & function ok. -almost all day(-4) Feel depressed and cheerless more than usual & enjoying things and having fun is	(0,1,2) MILDLY TIRED	-less than 50% of the day(-3) Feel more tired and less active than usual/baseline & others may notice it, but can be active during the day & function ok. -almost all day(-4) Feel more tired and less active than usual/baseline & others may notice it, but can
(0,1,2)	-less than 50% of the day(-3) Feel depressed and cheerless more than usua & enjoying things and having fun is somewhat difficult & others may notice a change, but can brighten up & function ok. -almost all day(-4) Feel depressed and cheerless more than usual & enjoying things and having fun is somewhat difficult & others may notice a change, but can brighten up & function ok. -less than 50% of the day(-5) Feel depressed and cheerless (out of proportion) much more than usual & enjoying things and having fun is more difficult & some difficulty to brighten up & don't function as	(0,1,2) MILDLY TIRED (-3,-4)	-less than 50% of the day(-3) Feel more tired and less active than usual/baseline & others may notice it, but can be active during the day & function ok. -almost all day(-4) Feel more tired and less active than usual/baseline & others may notice it, but can be active during the day & function ok. -less than 50% of the day(-5) Feel more tired and less active than usual/baseline & others may notice it, but can
(0,1,2) MILDLY DOWN (-3,-4) MODERATELY DOWN	 -less than 50% of the day(-3) Feel depressed and cheerless more than usua & enjoying things and having fun is somewhat difficult & others may notice a change, but can brighten up & function ok. -almost all day(-4) Feel depressed and cheerless more than usual & enjoying things and having fun is somewhat difficult & others may notice a change, but can brighten up & function ok. -eldepressed and cheerless more than usual & enjoying things and having fun is somewhat difficult & others may notice a change, but can brighten up & function ok. -less than 50% of the day(-5) Feel depressed and cheerless (out of proportion) much more than usual & enjoying things and having fun is more difficult & some difficulty to brighten up & don't function as good as before. - Almost all day(-6) Feel depressed and cheerless (out of proportion) much more than usual & enjoying things and having fun is more difficult & some difficulty to brighten up & don't function as good as before. - Calmost all day(-6) Feel depressed and cheerlerless (out of proportion) much more than usual & enjoying things and having fun is more difficult & some difficulty to brighten up & don't function as Feel depressed and cheerless (out of proportion) much more difficult & some difficulty to brighten up & don't function as 	(0,1,2) MILDLY TIRED (-3,-4) MODERATELY TIRED	-less than 50% of the day(-3) Feel more tired and less active than usual/baseline & others may notice it, but can be active during the day & function ok. -almost all day(-4) Feel more tired and less active than usual/baseline & others may notice it, but can be active during the day & function ok. -less than 50% of the day(-5) Feel more tired and less active than usual/baseline & others may notice it, but can be active during the day & function ok. -almost all day(-6) Feel more tired and less active than usual/baseline & others may notice it, but can be active during the day & 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
- Who was your first contact in the morning? ______

ANGER & ANXIETY THERMOMETER

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



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