

Score Key for Mood Chart

Mood	5	Off the charts - by this time caregiver is frightened
	4	Euphoric; inappropriate laughter, singing
	3	Elevated, inappropriate to content, humorous
	2	Desire subjective elevation; optimistic, self-confident, cheerful
	1	Mildly or possibly increased on questioning.
	0	Base
	-1	Slightly more serious than normal, negativity high
	-2	Humourless, negativity higher
	-3	Seeing the dark cloud behind every silver lining, obsessiveness on the rise
	-4	Obsessiveness taking over, negativity about at highest point, talks about past problems
-5	Cannot be cheered, nothing is good, everything bad, obsessive about past events that went poorly, feels weight of the world	
Energy	5	Motor excitement, runs through house, continuous hyperactivity (cannot be calmed)
	4	Excessive energy, more restless, hyperactive at times (can be calmed)
	3	Restless, jumpy, extra animated (can be calmed)
	2	Animated, gestures increased
	1	Slightly increased, noticeable by family
	0	Base
	-1	Mildly less active, may be agreeable in order to be left alone, less interest in friends
	-2	Chooses to avoid people, lays in front of TV, must be urged to come to dinner
	-3	With urging, will get out of bed, will exert effort to go to school, watch TV, read a book
	-4	Although urged, will not exert the effort to get out of bed, go to school, even watch TV downstairs
-5	Medical intervention needed	
Sleep	5	Denies need for sleep
	4	Reports decreased need for sleep
	3	Sleep less than normal - more than two hours less
	2	Sleep less than normal - between one and two hours less
	1	Sleep less than normal - up to one hour less
	0	Base
	-1	Sleep more than normal - up to one hour more
	-2	Sleep more than normal - between one and two hours more
	-3	Sleep more than normal - more than two hours more
	-4	Reports tiredness even with extra sleep
-5	Tries to sleep continuously	
Irritability	5	Hostile, uncooperative on nearly all matters
	4	Irritability a given at most times, negativity all-encompassing
	3	Frequently irritable, short, curt answers to questions, negativity soars
	2	Recent episodes of anger or annoyance
	1	Increased
	0	Base

Speech (rate & amount)	5	Pressured, uninterruptable, continuous speech
	4	Consistently increased pace, rate and amount, hard to interrupt, can't get a word in
	3	Impatient with interruptions, talkativeness has increased
	2	Increased rate or amount at times, verbose at times
	1	Feels talkative
	0	Base
Language-Thought Disorder	5	Incoherent, communication impossible, frightening to caregiver
	4	Ideas coming out fast and furious, difficult to follow, impatient when has to explain
	3	Distractibility increasing, facts losing weight against pace of talk
	2	Distractible, loses goal of thought, changes topics frequently, racing throughout
	1	Circumstantial; mild distractibility, quick thoughts
	0	Base
Content	5	Delusions; hallucinations
	4	Paranoia strong, belief in self absolute (best tennis player, expert in anything) - super-human
	3	Paranoia surfaces, thinks self is expert but doesn't believe in super-human strength
	2	Special projects, hyperreligious
	1	Questionable plans, new interests
	0	Base
Disruptive-Aggressive Behavior	5	Physically aggressive - hits, spits, kicks, bites, etc...
	4	Threats increase, language increases, throws things, hits walls, etc... but no intentional physical harm to another person or animal
	3	Threatening when disagreement made, though no physical display
	2	Demanding
	1	Sarcastic, loud at times, guarded
	0	Base
Appearance	5	Completely unkempt, decorated, bizarre garb
	4	Garish makeup, clothing seriously disarranged, partly clothed, unbathed
	3	Underclothes filthy (socks, underware), outerwear clean
	2	Poor grooming, moderately dishelved, overdressed
	1	Minimally unkempt
	0	Base
Insight	5	Denies any behavior change
	4	Feels victimized - admits possible change in behavior but other's take it too seriously, they lie about it or it is their fault
	3	Admits slight behavior change, denies illness
	2	Admits behavior change but denies it is her fault or the illness
	1	Says she is possibly ill
	0	Base

Date:							
Day:							
Wake Up:							
Bedtime:							
Meds:							
Mood	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
	0	0	0	0	0	0	0
	-1	-1	-1	-1	-1	-1	-1
	-2	-2	-2	-2	-2	-2	-2
	-3	-3	-3	-3	-3	-3	-3
	-4	-4	-4	-4	-4	-4	-4
	-5	-5	-5	-5	-5	-5	-5
Energy	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
	0	0	0	0	0	0	0
	-1	-1	-1	-1	-1	-1	-1
	-2	-2	-2	-2	-2	-2	-2
	-3	-3	-3	-3	-3	-3	-3
	-4	-4	-4	-4	-4	-4	-4
	-5	-5	-5	-5	-5	-5	-5
Sleep	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
	0	0	0	0	0	0	0
	-1	-1	-1	-1	-1	-1	-1
	-2	-2	-2	-2	-2	-2	-2
	-3	-3	-3	-3	-3	-3	-3
	-4	-4	-4	-4	-4	-4	-4
	-5	-5	-5	-5	-5	-5	-5
Irritability	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
	0	0	0	0	0	0	0
Speech (rate & amount)	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
	0	0	0	0	0	0	0

Date:							
Day:							
Language- Thought Disorder	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
	0	0	0	0	0	0	0
Content	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
	0	0	0	0	0	0	0
Disruptive- Aggressive Behavior	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
	0	0	0	0	0	0	0
Appearance	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
	0	0	0	0	0	0	0
Insight	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
	0	0	0	0	0	0	0

Notes

Date Day Keep detailed notes with the date and all relevant information. Be sure to include anything that explains the scores given on the chart.