

# Mood Chart

Adapted from Sachs, G (1996): J. Clin. Psychopharm. 16:2(suppl 1) p47S

Name \_\_\_\_\_ id # \_\_\_\_\_ Clinician \_\_\_\_\_ Mo/Yr \_\_\_\_\_

Date  (circle for menses)	Medication (enter number of pills taken each day)						Mood							Sleep			Other symptoms	Comments				
	med 1	med 2	med 3	med 4	med 5	med 6	enter 0-3		two check marks: worst and best for each day					check one:			for instance:	for instance:				
	mg	mg	mg	mg	mg	mg	anx.	irrit.	depressed cannot work	impaired	impaired	not normal mood	nl	not impaired	activated or euphoric	impaired	cannot work	increased sleep	normal sleep	insomnia	problems w/ cognition or memory, hallucinations, paranoid ideas, etc.	significant events that might affect mood — interactions, successes, disappointments, anniversaries, illness, losses, etc.
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Adapted by Peter M. Brigham, MD 1997-8