

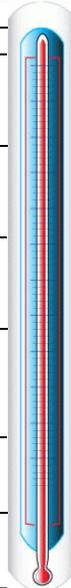
Name: _____
Date: _____

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.

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SEVERELY ELEVATED (7, 8)	-almost all day (8) Feel very happy & giggling & laughing, and can control self only briefly & very difficult to calm down & don't function well.
	-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.
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.
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 calm down & function ok.



SEVERELY ENERGETIC (7, 8)	-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.
	-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 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 (5) Feel energetic and hyper much more than usual/baseline (out of proportion) & restless/pace & some difficulty to control energy & some difficulty to slow down & don't function as good as before.
MILDLY ENERGETIC (3, 4)	-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 can easily slow down & function ok.

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Ok
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OKAY MOOD

MILDLY DOWN (-3,-4)	-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 somewhat difficult & others may notice a change, but can brighten up & function ok.
MODERATELY DOWN (-5,-6)	-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.
SEVERELY DOWN (-7,-8)	-less than 50% of the day (-7) Feel very depressed & cheerless & gloomy, and don't enjoy things and don't feel like having fun & very difficult to brighten up & don't function well.
	-almost all day (-8) Feel very depressed & cheerless & gloomy, and don't enjoy things and don't feel like having fun & very difficult to brighten up & don't function well.

Ok
(0,1,2)

OKAY ENERGY

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.
MODERATELY TIRED (-5,-6)	-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.
SEVERELY TIRED (-7,-8)	-less than 50% of the day (-7) Have excessive tiredness & very difficult to move around & spend very long time to rest & physical activity is limited to few & don't function well.
	-almost all day (-8) Have excessive tiredness & very difficult to move around & spend very long time to rest & physical activity is limited to few & don't function well.

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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 (simplified)." Revised in 2014.

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? _____

ANGER & ANXIETY THERMOMETER

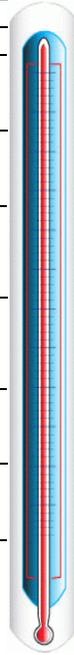
Please circle one or more FROM EACH COLUMN that reflects your anger & anxiety/worry levels reflecting your day. You can circle more than one if your anger/anxiety changes during the day.

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SEVERELY ANGRY (7, 8)	<p>-almost all day (8) Feel very angry, and can control self only briefly & very difficult to calm down & don't function well.</p> <p>-less than 50% of the day (7) Feel very angry, and can control self only briefly & very difficult to calm down & don't function well.</p>
MODERATELY ANGRY (5, 6)	<p>-almost all day (6) Feel more angry than usual/baseline (out of proportion) & some difficulty to control self & some difficulty to calm down & don't function as good as before.</p> <p>-less than 50% of the day (5) Feel more angry than usual/baseline (out of proportion) & some difficulty to control self & some difficulty to calm down & don't function as good as before.</p>
MILDLY ANGRY (3, 4)	<p>-almost all day (4) Feel more angry than usual/baseline & others may notice it, but can calm down & function ok.</p> <p>-less than 50% of the day (3) Feel more angry than usual/baseline & others may notice it, but can calm down & function ok.</p>

NOT ANGRY

Ok
(0, 1, 2)



SEVERELY WORRIED/ANXIOUS
(7, 8)

MODERATELY WORRIED/ANXIOUS
(5, 6)

MILDLY WORRIED/ANXIOUS
(3, 4)

NOT WORRIED

Ok
(0, 1, 2)

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Rasim Somer Diler, MD. Child and Adolescent Bipolar Spectrum Services (Cabs), Western Psychiatric Institute and Clinic of University of Pittsburgh Medical Center: "Anger and Anxiety Thermometer (Simplified)." 2014.

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