

ABBREVIATED MOOD DIARY



Bipolar Disorder

## PERSONAL DETAILS

Name: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Postal address: \_\_\_\_\_

Dr name: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Person to contact in an emergency

Name: \_\_\_\_\_

Telephone number: \_\_\_\_\_

## HOW TO USE YOUR DAILY MOOD DIARY?

A mood diary should help you and your doctor monitor your condition, by tracking your moods, the medicines that you are taking, any medication side-effects that you may be experiencing and important events that happen from time to time. Furthermore, patterns may emerge, helping your doctor to adjust your medication to better control the bipolar disorder.

- **Step 1**  
Fill in the month
- **Step 2**  
List the medications you have been prescribed indicating the strengths
- **Step 3**  
On a daily basis, note the number of tablets taken for each medication
- **Step 4**  
On a daily basis, rate your mood on a scale -5 to 0 (down/depression), or 0 to 5 (up/ mania)
- **Step 5**  
On a daily basis, list any significant events that may have contributed to your mood

MONTH: AUGUSTYEAR: 2006

DAY		1	2	3	4	5						
Mood rating Elevated/mania	5	Worst ever / Slegste ooit										
	4	Extremely severe / Extreem erg										
	3	Very severe / Baie erg										
	2	Severe / Erg										
	1	Mildly / Gering										
	0	NORMAL										
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	-5	Worst ever / Slegste ooit										
Events or comments			OFFICE PARTY		PSYCHIATRY APPOINT.							
Medication side-effects						NAUSEOUS						
Medication	Xyze 25MG TWICE DAILY	X	X	X	X	X						
Medication	ABC 10MG ONCE DAILY				X	X						
Medication												

Doctor's comments: 4 AUGUST, INCLUDE ABC 10MG ONCE DAILY

The image shows a grid for a mood diary. It consists of 15 columns and 20 rows. A horizontal band, shaded in light blue, spans across all 15 columns and covers the 7th, 8th, and 9th rows from the top. The grid is otherwise empty.

Next appointment date: 28 August 2006

Time: 11:30

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## BIPOLAR SUPPORT GROUP

South African Anxiety and Depression Support Group

Steps Call Centre Programme

Contact number: 08600 STEPS or 08600 78377





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