



iVillage **Total Health**

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Mood Chart for Bipolar Disorder

A mood chart is a monthly diary that tracks your illness, treatment and other factors to help you better manage bipolar disorder. Charting your moods may reveal a pattern behind the highs and lows of bipolar disorder, such as a change in medication, dosage or some other factor that might otherwise have gone unnoticed.

Over time, a mood chart may serve as an early warning radar to help predict when depressive or manic phases may begin. Stressful occurrences or a change in sleep patterns that precede the start of the depressive cycle can be identified, and steps taken to help you.

Filling out your chart takes only a few minutes each day, and it can go a long way to help you and your doctor manage bipolar disorder.

The accompanying mood chart, sample chart and instructions are provided courtesy of Massachusetts General Hospital (MGH) and Dr. Gary Sachs, director of MGH's Bipolar Clinic and Research Program. iVillage Total Health thanks Dr. Sachs and MGH for making this chart available to our users.

You can learn all about bipolar disorder, its symptoms, treatments and the latest research by visiting our Depression & Bipolar Center <http://totalhealth.ivillage.com/depression-bipolar>.

This information is intended for your general knowledge only and is not a substitute for professional medical care. This chart should be used only under the supervision and direction of your physician. Please consult your physician with any questions or concerns you may have about your condition.



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Instructions for Mood Charting

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General Instructions: Please fill out your name and date of birth on each mood chart page. Each page is meant to chart one month at a time. Begin on the appropriate day of the month and continue charting until the end of the month. For example, if you begin the chart on May 15th, continue charting until the end of May and begin June on a separate page. However, if you begin your chart at the end of the month, for example May 27th, write in those last days of the month in the blank spaces before the first of the month of June and continue charting until the end of the next month, in this case June.

Treatments: For each day, record the total number of tablets of each medication that you have taken. Draw a line through the box to indicate if the medication was not taken that day. If you are taking a medication PRN (as needed) indicate this next to the name of the medication and enter the dosage of the prescription. In the case of PRN medication, mark the amount of tablets taken that day in the appropriate blocks.

Major Life Events: In this column note any significant event that happened on that day. Include any event that you feel contributed to your mood state on that day or may have precipitated a future episode. Include suicide attempts, hospitalization, and psychotic symptoms.

Menses: For women, indicate days on which you had your period by circling the dates.

Mood Ratings: There are three categories of mood ratings: Depressed, Elevated, or WNL (within normal limits). For each day, mark an "X" in the block that appropriately describes your mood at its best and worst for that day (you will therefore possibly have two marks for each day). If symptoms of both mood elevation and depression are present in any given day indicate the severity of each. Also, indicate the presence of any psychotic symptoms (hallucinations, delusions) on any day by marking an "X" in that column.

Drug Level: If you are taking Lithium, Tegretol (Carbamazepine), or Depakote (Valproate) and have had a blood level done, mark the level on the day that your blood was drawn and use the chart to indicate the level. For Lithium, make the level with an "L", for Tegretol use a "T", and for Depakote use a "D".

Weight: Record your weight and the day on which you weighed yourself. You should weigh yourself on the same day each month (e.g., the 5th of each month).

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Name _____

Mood Chart

Month/Year _____

Daily Notes

TREATMENTS

(Enter number of tablets taken each day)

Verbal Therapy	
Lithium	__ mg
Benzodiazepine	__ mg
Anticonvulsant	__ mg
Antidepressant	__ mg
	__ mg
Antipsychotic	__ mg
	__ mg

Weight

MOOD

Rate with 2 marks each day to indicate best and worst

WNL

Elevated

Depressed

0 = none 1 = mild 2 = moderate 3 = severe	Psychotic Symptoms Strange Ideas, Hallucinations	Severe Significant Impairment NOT ABLE TO WORK	Mod. Significant Impairment ABLE TO WORK	Mild Without Significant Impairment	MOOD NOT DEFINITELY ELEVATED OR DEPRESSED. NO SYMPTOMS Circle date to indicate Menses	Mild Without Significant Impairment	Mod. Significant Impairment ABLE TO WORK	Severe Significant Impairment NOT ABLE TO WORK	Hours Slept Last Night	Anxiety	Irritability
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					2						
					3						
					4						
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