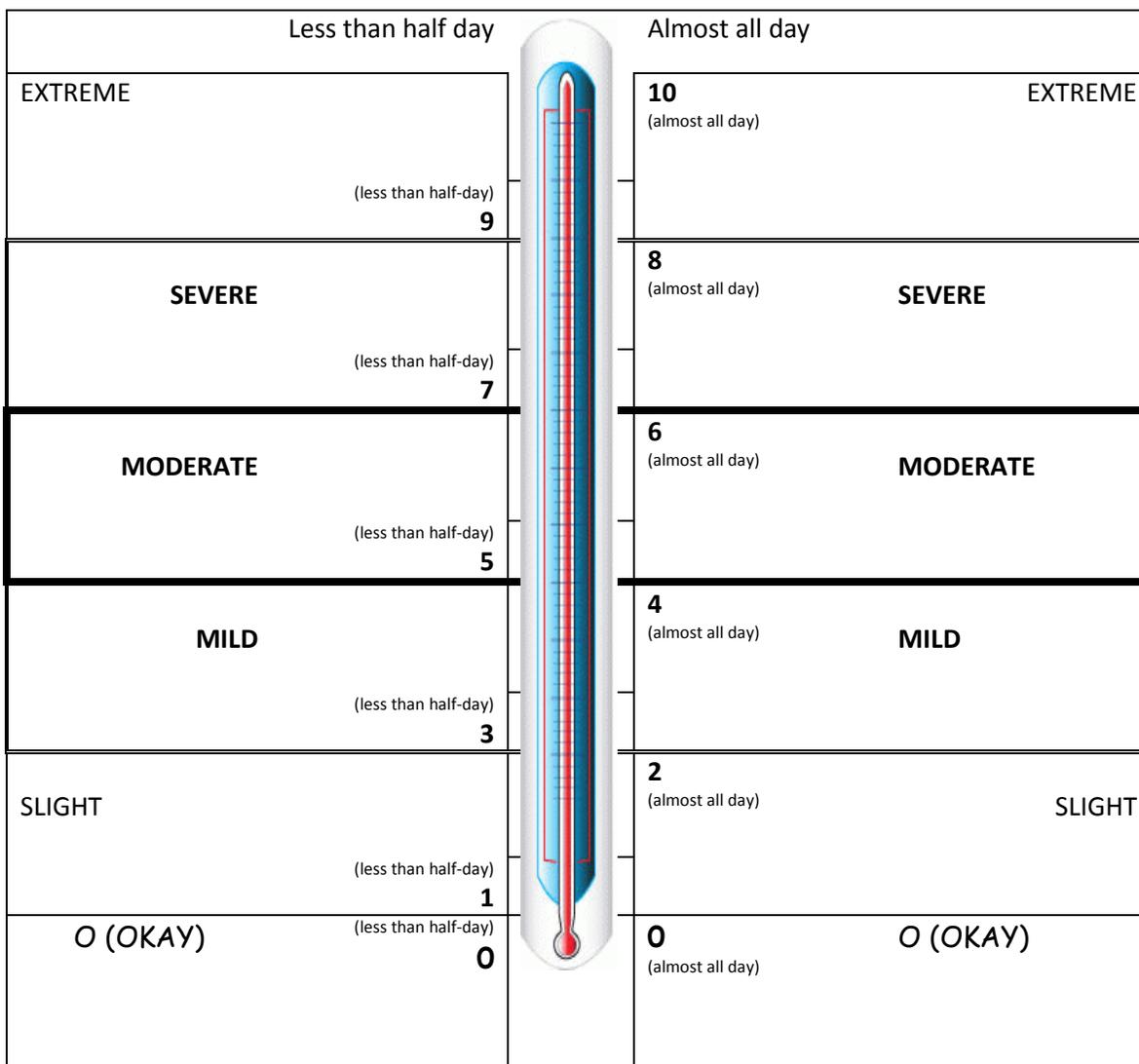


How to read & rate on -10 to +10 mood & energy thermometer (+ 0 to +10 anger&anxiety):



Mood & Energy Thermometer: This is an improved and practical way of monitoring complex mood cycles and daily schedule. Given that some clinicians and patients may get confused about different meanings of 1 to 10 scales, we considered to improve the language in communicating (and monitoring) mood.

Moreover, many children report their energy levels more accurately than their mood and therefore, we incorporated energy levels in the mood rating.

The Mood and Energy Thermometer that we developed at Western Psychiatric Institute and Clinic (WPIC) rates mania and increased energy on a 1 to 10 scale and rates depression and tiredness on -1 to -10 scale and attempts to form a common language between patients, families, and clinicians.

This scale also takes into account time spent in depression and/mania such as -4 would mean "mild depression" and "mild tiredness" present in $\geq 50\%$ of the time (an even score means $< 50\%$ of the day) and -3 would mean "mild depression" and "mild tiredness" present in $< 50\%$ the time (an odd score means $< 50\%$ of the day).

Our inclusion of measuring energy levels is consistent with the new classification system of DSM 5, because energy level is now in DSM 5 as a main mood symptom criterion. Bipolar track patients (whether they have mania or depression, or mixed features) are rating their mood and energy levels every day on this scale and our master's degree clinician (on the inpatient unit) meet with them on daily basis to help them better identify and record their mood symptoms.

This approach has significant clinical value for not only identifying diagnosis and best treatment interventions but also preventing a potential next mood episode.

Parents can also rate their child's mood to keep the treatment team updated about their observation.

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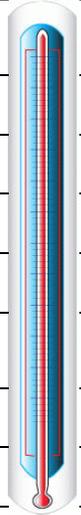
Name: _____
Date: _____

MOOD & ENERGY THERMOMETER

Please circle one or more of the below numbers FROM EACH COLUMN that reflects your mood & energy levels reflecting your day. You can circle more than one number if you mood/energy changes during the day.

E
L
E
V
A
T
E
D
/
U
P

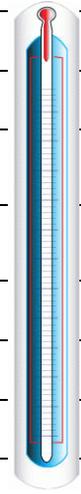
- +10 SUPER ELEVATED**
Have constant excitement and feel super happy, and have no control over self & cannot be calmed down at all & cannot function at all & someone needs to be present to monitor safety.
- +9 EXTREMELY ELEVATED**
Have extreme excitement and feel extremely happy, non-stop giggling & laughing, and cannot control self & cannot be calmed down & function poorly.
- +8 SEVERELY ELEVATED-almost all day**
Feel very happy & giggling & laughing, and can control self only briefly & very difficult to calm down & don't function well.
- +7 SEVERELY ELEVATED- less than 50% of the day**
Feel very happy & giggling & laughing, and can control self only briefly & very difficult to calm down & don't function well.
- +6 MODERATELY ELEVATED-almost all day**
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.
- +5 MODERATELY ELEVATED- less than 50% of the day**
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.
- +4 MILDLY ELEVATED-almost all day**
Feel cheerful and optimistic more than usual/baseline & others may notice it, but can calm down & function ok.
- +3 MILDLY ELEVATED-less than 50% of the day**
Feel cheerful and optimistic more than usual/baseline & others may notice it, but can calm down & function ok.
- +2 SLIGHTLY ELEVATED-almost all day long**
Feel a little bit more cheerful and optimistic, but others don't notice & function ok.
- +1 SLIGHTLY ELEVATED- less than 50% of the day**
Feel a little bit more cheerful and optimistic, but others don't notice & function ok.



- +10 SUPER ENERGETIC**
Have constant motor excitement, non-stop moving around, and cannot control self & cannot slow down at all & cannot function at all & someone needs to be present to monitor safety.
- +9 EXTREMELY ENERGETIC**
Have motor excitement, non-stop moving around, and cannot control self & cannot slow down & function poorly.
- +8 SEVERELY ENERGETIC -almost all day**
Have excessive energy & constantly moving and pacing about, and can control energy only briefly & very difficult to slow down & don't function well.
- +7 SEVERELY ENERGETIC- less than 50% of the day**
Have excessive energy & constantly moving and pacing about, and can control energy only briefly & very difficult to slow down & don't function well.
- +6 MODERATELY ENERGETIC -almost all day**
Have excessive energy & constantly moving and pacing about, and can control energy only briefly & very difficult to slow down & don't function well.
- +5 MODERATELY ENERGETIC-less than 50% of the day**
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.
- +4 MILDLY ENERGETIC-almost all day**
Feel energetic and hyper more than usual/baseline & others may notice it, but can easily slow down & function ok.
- +3 MILDLY ENERGETIC-less than 50% of the day**
Feel energetic and hyper more than usual/baseline & others may notice it, but can easily slow down & function ok.
- +2 SLIGHTLY MORE ENERGY-almost all day long**
Feel a little bit more energetic than usual, but others don't notice a change & function ok.
- +1 SLIGHTLY MORE ENERGY-less than 50% of the day**
Feel a little bit more energetic than usual, but others don't notice a change & function ok.

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- OKAY MOOD**
- 1 SLIGHTLY DOWN- less than 50% of the day**
Feel a little depressed and cheerless, but others don't notice a change & function ok.
 - 2 SLIGHTLY DOWN-almost all day**
Feel a little depressed and cheerless, but others don't notice a change & function ok.
 - 3 MILDLY DOWN - less than 50% of the day**
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.
 - 4 MILDLY DOWN -almost all day**
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.
 - 5 MODERATELY DOWN - less than 50% of the day**
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.
 - 6 MODERATELY DOWN -almost all day**
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.
 - 7 SEVERELY DOWN- less than 50% of the day**
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.
 - 8 SEVERELY DOWN -almost all day**
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.
 - 9 EXTREMELY DOWN (life is not worth living)**
Have extreme depression and feel very miserable, have psychic pain ("I cannot stand it"), and cannot control self & cannot be down & function poorly.
 - 10 AT THE LOWEST POINT**
Have constant painful sadness and feel very numb & empty & don't want to live & cannot function at all & someone needs to be present to monitor safety.



- OKAY ENERGY**
- 1 SLIGHTLY TIRED- less than 50% of the day**
Feel a little bit tired, but others don't notice a change & function ok.
 - 2 SLIGHTLY TIRED-almost all day**
Feel a little bit tired, but others don't notice a change & function ok.
 - 3 MILDLY TIRED-less than 50% of the day**
Feel more tired and less active than usual/baseline & others may notice it, but can be active during the day & function ok.
 - 4 MILDLY TIRED-almost all day**
Feel more tired and less active than usual/baseline & others may notice it, but can be active during the day & function ok.
 - 5 MODERATELY TIRED-less than 50% of the day**
Feel more tired and less active than usual/baseline & others may notice it, but can be active during the day & function ok.
 - 6 MODERATELY TIRED-almost all day**
Feel more tired and less active than usual/baseline & others may notice it, but can be active during the day & function ok.
 - 7 SEVERELY TIRED- less than 50% of the day**
Have excessive tiredness & very difficult to move around & spend very long time to rest & physical activity is limited to few & don't function well.
 - 8 SEVERELY TIRED-almost all day**
Have excessive tiredness & very difficult to move around & spend very long time to rest & physical activity is limited to few & don't function well.
 - 9 EXTREMELY TIRED**
Feel like drained and worn out & almost no physical activity and cannot move around & function poorly.
 - 10 NO ENERGY AT ALL**
Have constant motor retardation, and cannot move arms or legs & cannot function at all & someone needs to be present to monitor safety.

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." Revised in 2013.

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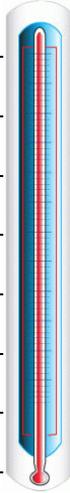
ANGER & ANXIETY THERMOMETER

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

A
N
G
R
Y

W
O
R
R
I
E
D
/
A
N
X
I
O
U
S

- +10 SUPER ANGRY**
Have constant anger, and have no control over self & cannot be calmed down at all & cannot function at all & someone needs to be present to monitor safety.
- +9 EXTREMELY ANGRY**
Have extreme anger, cannot control self & cannot be calmed down & function poorly
- +8 SEVERELY ANGRY-almost all day**
Feel very angry, and can control self only briefly & very difficult to calm down & don't function well.
- +7 SEVERELY ANGRY- less than 50% of the day**
Feel very angry, and can control self only briefly & very difficult to calm down & don't function well.
- +6 MODERATELY ANGRY-almost all day**
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.
- +5 MODERATELY ANGRY- less than 50% of the day**
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.
- +4 MILDLY ANGRY-almost all day**
Feel more angry than usual/baseline & others may notice it, but can calm down & function ok.
- +3 MILDLY ANGRY-less than 50% of the day**
Feel more angry than usual/baseline & others may notice it, but can calm down & function ok.
- +2 SLIGHTLY ANGRY-almost all day long**
Feel a little bit more angry, but others don't notice & function ok
- +1 SLIGHTLY ANGRY- less than 50% of the day**
Feel a little bit more angry, but others don't notice & function ok



- +10 SUPER WORRIED/ANXIOUS**
Have constant worries/anxiety, and have no control over self & cannot be calmed down at all & cannot function at all & someone needs to be present to monitor safety.
- +9 EXTREMELY WORRIED/ANXIOUS**
Have extreme worries/anxiety, cannot control self & cannot be calmed down & function poorly
- +8 SEVERELY WORRIED/ANXIOUS -almost all day**
Feel very worried/anxious, and can control self only briefly & very difficult to calm down & don't function well.
- +7 SEVERELY WORRIED/ANXIOUS- less than 50% of the day**
Feel very worried/anxious, and can control self only briefly & very difficult to calm down & don't function well.
- +6 MODERATELY WORRIED/ANXIOUS -almost all day**
Feel more worried/anxious than usual/baseline (out of proportion) & some difficulty to control self & some difficulty to calm down & don't function as good as before.
- +5 MODERATELY WORRIED/ANXIOUS-less than 50% of the day**
Feel more worried/anxious than usual/baseline (out of proportion) & some difficulty to control self & some difficulty to calm down & don't function as good as before.
- +4 MILDLY WORRIED/ANXIOUS-almost all day**
Feel worried/anxious than usual/baseline & others may notice it, but can easily slow down & function ok.
- +3 MILDLY WORRIED/ANXIOUS-less than 50% of the day**
Feel worried/anxious than usual/baseline & others may notice it, but can easily slow down & function ok.
- +2 SLIGHTLY WORRIED/ANXIOUS -almost all day long**
Feel a little bit more worried/anxious than usual, but others don't notice a change & function ok.
- +1 SLIGHTLY WORRIED/ANXIOUS -less than 50% of the day**
Feel a little bit more worried/anxious than usual, but others don't notice a change & function ok.

NOT ANGRY

NOT WORRIED

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." 2014. This form may only be used for non-commercial education and research purposes. If you would like to use this instrument for commercial purposes or for commercially sponsored research, please contact the Office of Technology Management at the University of Pittsburgh at 412-648-2206 for licensing information. Copyright 2008, University of Pittsburgh. All rights reserved.

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? _____

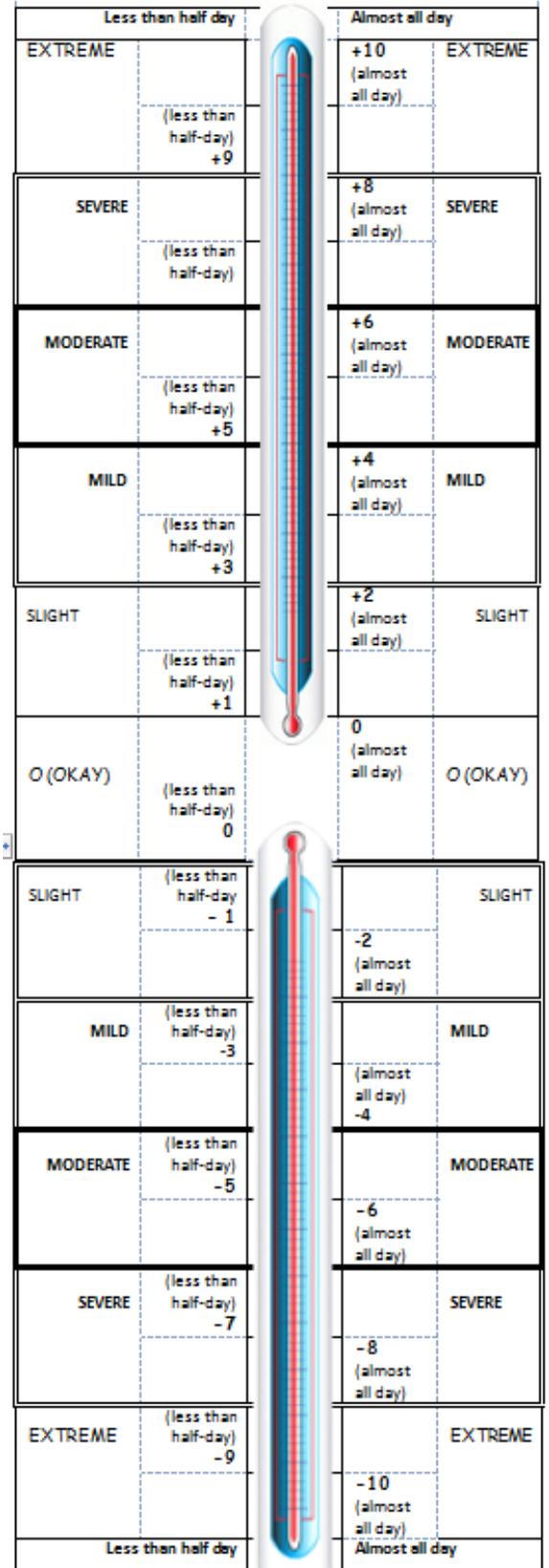
CABS: Mood Monitoring Card

Name: _____

*Please complete the below scale every day. You can enter one score OR multiple scores to show **highest, lowest, and average** scores.

How to rate on the -10 to +10 (& 0 to +10) scales:

Day	Mood & Energy Thermometer		AA		S
	Mood	Energy	Anger	Anxiety/Worries	Sleep
	Elated & Down	Elated & Down			hours
	-10 to +10	-10 to +10	0 to +10	0 to +10	hours
Sun					
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					



CABS: Mood Monitoring Card

Name: _____

*Please complete the below scale every day. You can enter one score OR multiple scores to show **highest, lowest, and average** scores.

How to rate on the -10 to +10 (& 0 to +10) scales:

Day	Mood & Energy Thermometer		AA		S
	Mood	Energy	Anger	Anxiety/ Worries	Sleep
	Elated & Down	Elated & Down			
	-10 to +10	-10 to +10	0 to +10	0 to +10	hours
Sun					
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					

Less than half day		Almost all day
EXTREME	(less than half-day) +9	+10 (almost all day) EXTREME
SEVERE	(less than half-day)	+8 (almost all day) SEVERE
MODERATE	(less than half-day) +5	+6 (almost all day) MODERATE
MILD	(less than half-day) +3	+4 (almost all day) MILD
SLIGHT	(less than half-day) +1	+2 (almost all day) SLIGHT
O (OKAY)	(less than half-day) 0	0 (almost all day) O (OKAY)
SLIGHT	(less than half-day) -1	-2 (almost all day) SLIGHT
MILD	(less than half-day) -3	(almost all day) -4 MILD
MODERATE	(less than half-day) -5	-6 (almost all day) MODERATE
SEVERE	(less than half-day) -7	-8 (almost all day) SEVERE
EXTREME	(less than half-day) -9	-10 (almost all day) EXTREME
Less than half day		Almost all day

CABS: Mood Monitoring Card

Name: _____

*Please complete the below scale every day. You can enter one score OR multiple scores to show **highest, lowest, and average** scores.

How to rate on the -10 to +10 (& 0 to +10) scales:

Day	Mood & Energy Thermometer		AA		S
	Mood	Energy	Anger	Anxiety/ Worries	Sleep
	Elated & Down	Elated & Down			
	-10 to +10	-10 to +10	0 to +10	0 to +10	hours
Sun					
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					

