Bipolar Mood Scale

+5 Constantly active; frenzied, requires hospitalization to prevent exhaustion and effects of poor judgment,
+4 Can’t slow down even with effort: frantically busy: thinking and judgment may be affected; irresponsible behavior usual.
+3 Extremely active, difficult to slow down; considerably less sleep required (1 to 2 hours less).
+2 Very full of action and pep, but not out of control; somewhat less sleep (1/2 to 1 hour).
+1 More active, more energy than usual.
  0 Normal mood.
-1 Subdued mood, slightly less energy than usual.
-2 Quite slowed down, everything an effort but can get daily work done,
-3 Very slowed down, feels overwhelmed by everything; can get work done only with effort.
-4 Unable to do daily work, broods, tense, desperate, suicidal ruminations; thinking affected; may be suicidal,
-5 Can’t function at all; no appetite; requires hospitalization; unable or barely able to go on.

Days of the Month