JOSEPH M. RIPPERGER, M.D. & ASSOCIATES WEBSITE PRINTOUT

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 (I 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.
- Normal mood.
- -I 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

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4
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