Your name Address Home phone number Work phone number Person to contact in case of emergency/phone number Your medical doctor's phone number

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Other important phone numbers/notes

You are not alone

Your pharmacologist's phone number

Manic depression is more common than many people realize. Over 2 million Americans have various forms of manic depression, and in fact, many well-known writers, artists, and composers struggled with this disorder in their lives, including William Faulkner, Ernest Hemingway, Georgia O'Keeffe, and Cole Porter.

Fortunately, more and more people like yourself are finding help with their symptoms from their doctors. Typically, that may include treatment with certain medications that can help you lead a more normal, productive life.

Frequent communication between you and your physician is critical to successful treatment. The more you recognize and track your moods and help your doctor understand them, the better he or she can help you control them. Since mood swings can last for days, weeks, or even months, it is important that you keep track of how you feel every single day. Then, when you review this information with your doctor, he or she can help you track these variations in mood and plan your treatment accordingly.

Recognizing your moods

The symptoms of manic depression can be different for each person. They can include long periods of manic symptoms, sometimes lasting weeks, followed by a sudden shift to depression. Or, some may experience both manic and depressive symptoms in the same week, the same day, or even at the same time.

To help you identify your feelings and what you're experiencing with your moods, there are some common symptoms listed for both mania and depression on this page and on the following page for your reference.

Symptoms of mania/hypomania

- Increased energy
- Agitated or irritable moods
- Inflated self-esteem or grandiose feelings
- · Decreased need for sleep
- More talkative than usual, or pressure to keep talking
- Flight of ideas or racing thoughts
- · Easily distracted
- Excessive involvement in pleasurable activities (spending sprees, sexual activity, foolish investments, or business ventures)

Symptoms of depression

- Decreased energy
- · Depressed, empty, sad feelings
- · Diminished interest or pleasure in normal activities
- · Inability to concentrate
- · Significant weight loss or gain
- Change in sleep patterns, inability to sleep, or increased periods of sleep
- · Feelings of worthlessness or inappropriate guilt
- Indecisiveness
- · Recurring thoughts of death or suicide

Using this daily diary to track your mood

This diary is designed to help you monitor your mood on a daily basis. It is organized to provide both a daily and monthly recap for you and your doctor (or other health care professionals) as you review your treatment.

It's simple to use. At the end of each day, prior to taking your evening medication, take a few moments to think about your day, what you experienced, how you felt, how you functioned, etc. Then simply follow these steps for recording the information.

1. Medications

With your physician's or clinician's help, list the medications he or she has prescribed in the spaces provided, including the recommended dosages and number of tablets that should be taken each day.

At the end of each day, indicate the exact number of tablets of each medication that were actually taken that day in the appropriate space.

2. Hours of sleep

Estimate the number of hours of sleep you had the previous night.

3. Rate your overall mood

Rate your mood for the day, writing in a number between 0 to 100, based on the mood scale below. If you experience sudden, distinct, or large mood switches within 1 day, enter the highest and lowest mood values reached.

4. Record the number of mood switches

Enter the number of sudden, distinct, and large mood changes (if any) that occur within a single day. Mood switches may occur within the same mood state or between mood states. (Do not count gradual diurnal variation as a mood switch; rather, rate your most severe level of functional impairment for the entire day.)

5. Rate the severity of your mood episodes

Indicate how your mood has affected your ability to function in your usual social and occupational roles at home, work, or school by filling in the space (●) corresponding to the appropriate level of functional impairment.

Use the following scale as reference:

MANIA

Severe Family and friends want me in the hospital

High moderate Much feedback that behavior is outlandish or bizarre

Low moderate Some feedback that behavior is difficult or odd

Mild Very energetic; functioning may be enhanced or slightly disorganized

Stable mood

Mild Low mood; essentially no impairment in usual functioning

Low moderate Some extra effort needed in usual roles

High moderate Much extra effort needed; marked difficulty in usual routines

Severe Largely unable to function because of depression

DEPRESSION

Please note:

- → When the energized state is unpleasant or dysphoric, please indicate by placing a check mark (
 in the appropriate space for that day
- → If hospitalized, use an "x" to continue rating the severily of your mood in the appropriate space (x)

6. Indicate your menstrual period (for female patients)

Place a check mark (\checkmark) by the days during that month when you experienced your menstrual period.

7. Record the "events" you experienced that day

The next page in the diary provides even more space for you to record significant events that occurred each day. For each day, record the following:

Life events—Enter significant events of the day, along with the corresponding impact on you:

-4 -3 -2 -1 0 +1 +2 +3 +4

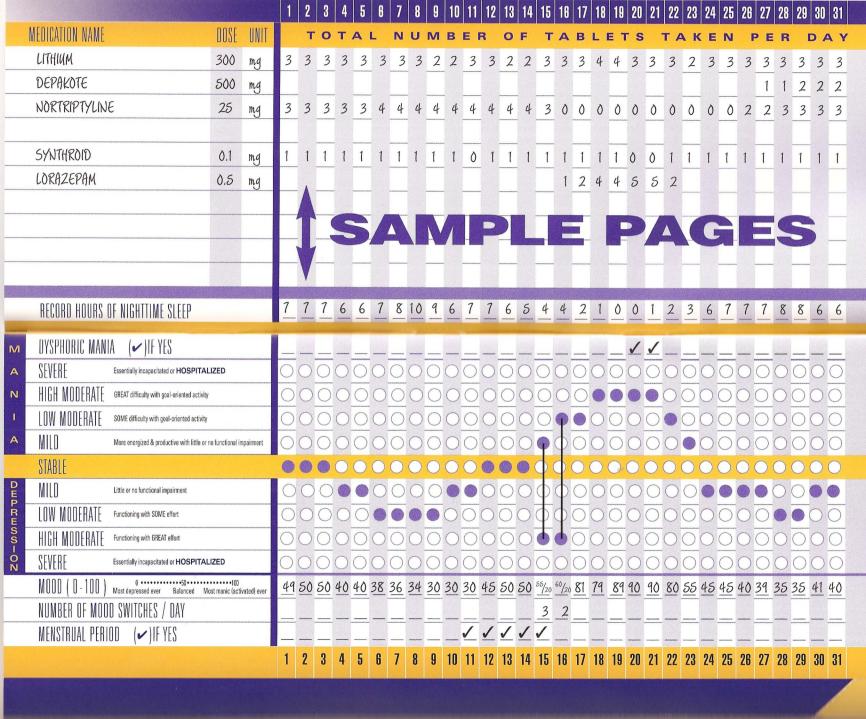
Extremely negative Neutral Extremely positiv

Side effects—Record any side effects experienced and indicate the severity of your discomfort or interference with your functioning by placing a check mark (✔) in the appropriate Mild/Mod/Sev box.

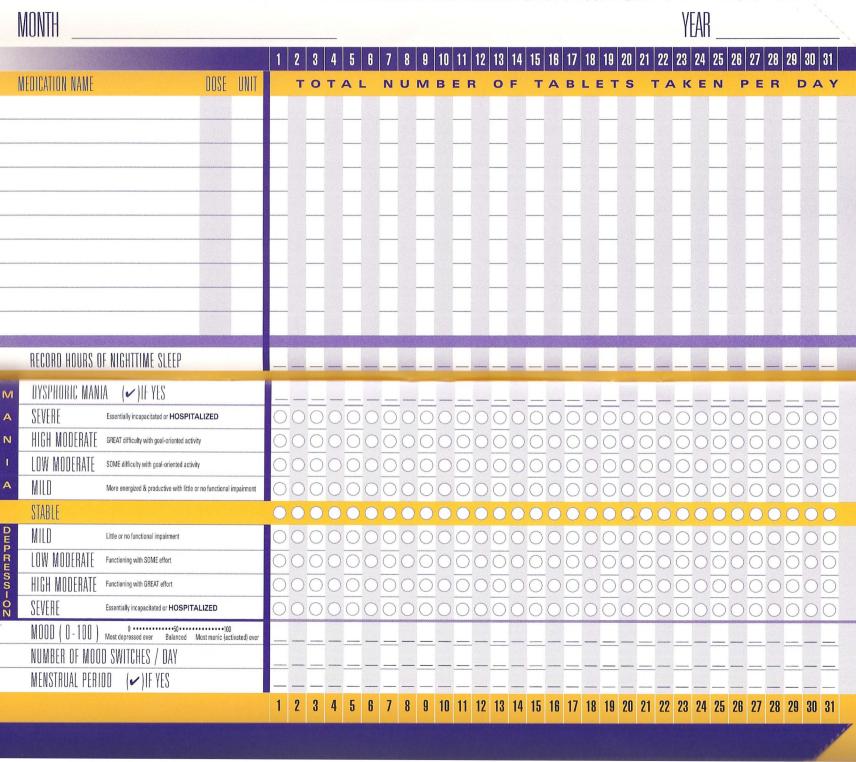
Comorbid symptoms—Write in the name of any additional problems you have experienced for this day (eg, anxiety, alcohol abuse, paranoia, headache, others). If applicable, continue to indicate the presence and frequency of these symptoms on subsequent days (eq, number of panic attacks, number of drinks, etc).

The first month in this calendar represents an example as to how this form is filled out, the type of information you collect, and illustrates how you and your physician can benefit from using this personal calendar as an ongoing record of your bipolar illness.

Taking just a few minutes at the end of each day and reviewing it with your doctor at every visit can have a positive impact on your treatment and everyday life.



	MONTH DECEMBER				YEAR 1997
DATE	LIFE EVENT	IMPACT	SIDE EFFECTS	MILD MOD SEV	COMORBID SYMPTOMS
1 2 3 4 5 6	ARGUMENT WITH BEST FRIEND	-3	D122Y		
7 8 9 10			HAME		PANIC ATTACK
11 12 13 14 15 16 17 18 19 20 21 22 23 24 25			D122Y D122Y D122Y	<i>y y</i>	
16 17 18 19					ALCOHOL: 5 DRINKS/DAY
21 22 23 24					
25 26 27 28 29 30					
30					



MONTH							YEAR
DATE	LIFE EVENT	IMPACT	SIDE EFFECTS	MILD	MOD	SEV	COMORBID SYMPTOMS
1 2 3							
4							
5 6 7							
9							
10 11 12							
11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 27							
15 16		4-1-1-2-1-2-2-3					
18 19							
20 21							
22 23 24							
25 26							
28							
29 30 31							