

Information

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Your name

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Address
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Home phone number

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Work phone number

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Person to contact in case of emergency/phone number

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Your medical doctor's phone number

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Your clinician's phone number

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Your pharmacologist's phone number

Other important phone numbers/notes

You are not alone

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.

0 50 100
Most depressed ever Balanced Most manic (activated) ever

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 severity of your mood in the appropriate space (X)

6. Indicate your menstrual period (for female patients)

Place a check mark (✓) 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 positive

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 (eg, 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.

[illegible]

MONTH

DECEMBER

YEAR

1997

DATE	LIFE EVENT	IMPACT	SIDE EFFECTS	MILD	MOD	SEV	COMORBID SYMPTOMS
1			DIZZY	✓			
2							
3	ARGUMENT WITH BEST FRIEND	-3					
4							
5							
6							
7							
8							
9							PANIC ATTACK
10							
11			DIZZY		✓		
12			DIZZY		✓		
13			DIZZY	✓			
14							
15							
16							
17							ALCOHOL: 5 DRINKS/DAY
18							
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31							

MONTH _____

YEAR	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099
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[illegible]

MONTH

YEAR

DATE	LIFE EVENT	IMPACT	SIDE EFFECTS	MILD	MOD	SEV	COMORBID SYMPTOMS
1							
2							
3							
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