

## Bipolar Disorder Symptoms & Functioning Monitoring Form

From the STABLE Resource Toolkit.

Identify symptoms during initial assessment and then update at each visit

Update: "✓" if still present & mark as "same (S)" – "better (B)" – "worse (W)"

**If a symptom has two opposite selections (xx OR xx); circle as assessed at initial evaluation**

Initial Assessment Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

<b>DEPRESSIVE SYMPTOMS</b> Criteria for Major Depressive Episode >	APA Practice Guideline for the Treatment of Patients with Bipolar Disorder: Symptom List from Diagnostic Criteria for a Major Depressive Episode; [Core Symptoms in BOLD] 5 or more symptoms for same 2-week period and at least one symptom is a Core symptom				
<b>Depressed mood</b> (sad, empty; tearful; hopeless; most of day, nearly every day)					
<b>Diminished interest/pleasure</b> (all or almost all activities; most of day, nearly every day)					
Weight: loss & not dieting OR gain					
Appetite: decrease OR increase					
Sleeping; too much OR too little					
Psychomotor Agitation OR Psychomotor Retardation					
Fatigue; Loss of energy					
Feelings of worthlessness; excessive/inappropriate guilt					
Inability to think/concentrate; indecisiveness					
Recurrent thoughts of death; suicidal ideation					
<b>MANIC/HYPOMANIC SYMPTOMS</b> Criteria for Manic/Hypomanic Episode >	APA Practice Guideline for the Treatment of Patients with Bipolar Disorder: Symptom List from Diagnostic Criteria for a Manic or Hypomanic Episode; [Core Symptoms in BOLD] Mania = For at least 1 week; a Core Symptom plus 3 or more symptoms (4 if core symptom is only irritable) Hypomania = For at least 4 days; a Core symptom plus 3 or more symptoms (4 if core symptom is only irritable)				
<b>Period of elevated or expansive mood</b>					
<b>Period of an irritable mood</b>					
Inflated self-esteem or grandiosity					
Decreased need for sleep (< 3 hrs)					
More talkative than usual or pressure to keep talking					
Flight of ideas / Feels that thoughts are racing					
Distractibility (too easily drawn to unimportant / irrelevant items)					
Increase in goal-directed activities (socially; school; work; sexually) or psychomotor agitation					
Excessive involvement in pleasurable activities with high potential for painful consequences (financial; sexual; etc.)					
<b>LEVEL-OF-FUNCTIONING</b>	Document response; Consider use of Sheehan Disability Scale				
Work / School					
Social Life / Interpersonal					
Family Life / Home Responsibilities					

*Note: DSM-IV-TR Criteria for a Mixed Bipolar Disorder Episode: The criteria are met for both a manic episode and for a major depressive episode (except for duration) nearly every day during at least a 1-week period.*