

Paper mood chart

Pros

Cons

Daily Mood monitor

Getselfhelp.co.uk

- ✓ Colour coded scale guides you to noticing mood changes
- ✓ Gives you ways to identify your mood
- ✓ Encourages you to think about how you can manage your mood
- ✓ Gives you room to talk about how you think and what you feel

- ✗ Takes more effort to get started with
- ✗ Doesn't discuss sleep or medication
- ✗ 10 days per page rather than 31, which means looking at several pages when sharing information or looking for patterns
- ✗ 5 point scale makes it harder to record smaller changes in mood

Mood & symptom monitoring

[The Center for Clinical Interventions \(CCI\)](#)

- ✓ Clear and easy to use
- ✓ Covers both mood and symptoms
- ✓ Checklist of symptoms makes it easier to remember and record symptoms that could be important, and might be forgotten
- ✓ Mood and symptoms on one page makes it easy to see which symptoms tie in with periods of high or low mood

- ✗ 7 days per page which means looking at several pages when sharing information or looking for patterns
- ✗ Limited space to record where and when you noticed your mood changing

B.E.A.M. mood chart

[The Felton institute & University of California at San Francisco](#)

- ✓ Popular, widely used and understood
- ✓ 31 days per page makes it easier to spot patterns or present the information to your doctor
- ✓ 13 point scale makes it easy to record small changes in mood
- ✓ Space on back to make daily notes

- ✗ No prompts for what to record in the daily notes section
- ✗ No mentions of thoughts or emotions that might be early warning signs. (These can be recorded on the daily notes section if you are aware of what your early warning signs are)

Bipolar UK

Bipolar UK

- ✓ Daily notes section gives a full page with days numbered
- ✓ 11 point scale comes with Talking in Numbers Mood scale to describe feelings and behaviour
- ✓ Mood monitoring guide downloadable

- ✗ Similar to B.E.A.M. mood chart without anxiety/irritability
- ✗ Medication section takes up a lot of space
- ✗ Easiest to use if printed as two separate pages rather than double sided

CQAIMH Daily Mood Chart

The Center for Quality Assessment and Improvement in Mental Health in Boston

- ✓ 31 days per page makes it easier to spot patterns or present the information to your doctor
- ✓ Clear instructions on front, above mood chart
- ✓ Efficient use of space
- ✓ Includes space to record alcohol/drugs
- ✓ Uses the words high and low mood so relevant to wider audience

- ✗ 7 point scale makes it harder to document small changes
- ✗ No dedicated space for daily events or notes

Myria

Myria publishing llc & Myria.com

- ✓ 31 days per page makes it easier to spot patterns or present the information to your doctor
- ✓ List of factors (below) is in line with mood rating so easy to match up
- ✓ Includes exercise, food intake, menstrual cycle and stressful emotional events
- ✓ Includes space to record alcohol/drugs
- ✓ Uses the words high and low mood so relevant to wider audience

- ✗ Specifically designed for women, so may not be appropriate for men
- ✗ 7 point scale similar to CQAIMH
- ✗ No specific instructions
- ✗ No dedicated space for daily events or notes