### 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)”

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<table>
<thead>
<tr>
<th>If a symptom has two opposite selections (xx OR xx); circle as assessed at initial evaluation</th>
<th>Initial Assessment Date:</th>
<th>Date:</th>
<th>Date:</th>
<th>Date:</th>
<th>Date:</th>
</tr>
</thead>
</table>

**DEPRESSIVE SYMPTOMS**

Criteria for Major Depressive Episode

- Depressed mood (sad, empty; tearful; hopeless; most of day, nearly every day)
- Diminished interest/pleasure (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

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**MANIC/HYPOMANIC SYMPTOMS**

Criteria for Manic/Hypomanic Episode

- Period of elevated or expansive mood
- Period of an irritable mood
- 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.)

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**LEVEL-OF-FUNCTIONING**

- Work / School
- Social Life / Interpersonal
- Family Life / Home Responsibilities

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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.