



Name:

Date:

MOOD DIARY Worksheet



About this worksheet

Mood monitoring involves recording an individual's overall mood across the course of a week and can be of particular benefit to individuals experiencing depressed mood. Monitoring the way an individual feels can help them, or their psychologist, obtain a better understanding of how their mood fluctuates over time and the circumstances which impact their mood in either a positive or negative way.

Instructions

The aim of this worksheet is to record your overall mood and activities everyday for a week. Using the chart on the next page:

1. Record the day of the week and the date.
2. For each day, rate your overall mood on a scale from 0 to 10, where '0' indicates your worst mood and '10' indicates your best mood, across three different time points (i.e., morning, midday, and evening).
3. At the end of each day, note down the events of that day in the space provided. This includes the activities you participated in, the positive and negative aspects of the day, and how many hours sleep you had the night before.

An example entry has been made in the first column of the chart.

Remember to bring this worksheet to the next session with your psychologist.



Name:

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STEP 1. Today's date	eg: DAY 4			DAY 1			DAY 2			DAY 3			DAY 4			DAY 5			DAY 6			DAY 7			
	Date: <u>24/10</u>			Date: _____ day			Date: _____ day			Date: _____ day			Date: _____ day			Date: _____ day			Date: _____ day			Date: _____ day			
STEP 2. Overall mood rating	AM	Midday	PM	AM	Midday	PM	AM	Midday	PM	AM	Midday	PM	AM	Midday	PM	AM	Midday	PM	AM	Midday	PM	AM	Midday	PM	
	10 (Best)																								
9																									
8																									
7																									
6																									
5																									
4																									
3																									
2																									
1																									
0 (Worst)																									
STEP 3.																									
Review of the day																									
What activities did you do today?																									
work, gym																									
What were the good things about today?																									
Going to dinner with a friend																									
What were the bad things about today?																									
Argument with supervisor																									
How many total hours of sleep did you have last night?																									
5 hours																									
Other comments? (eg, medications taken, thoughts or worries)																									
Felt low this morning, didn't want to get up.																									