

Mood disorders

Preparing a Mood Pattern Overview

Adults | 10 to 15 minutes

Mood difficulties can involve low periods, elevated or irritable periods, and changes in sleep, energy, or activity. Several conditions and life circumstances can contribute. A simple overview can help a clinician understand the pattern without turning everyday variation into a diagnosis.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Look across time

Choose a few meaningful changes rather than tracking every hour. Note your usual pattern, what changed, and effects on responsibilities or relationships. Include any periods of unusually little sleep with increased energy.

Bring relevant context

List medicines, substances, health changes, major stressors, and available support for discussion. Do not stop or adjust prescribed treatment based on this page. Ask what assessment and follow-up are appropriate.

1. What changes in mood, energy, sleep, or activity stand out over time?**2. How were these periods different from your usual pattern, and what was their impact?****3. What health, medicine, substance, or life changes occurred around the same time?****4. What concern and assessment question would you like addressed first?****Clinical use and adaptation**

Assess suicidality, possible mania, psychosis, medical contributors, and substance effects when indicated. Do not interpret a mood log as a diagnostic test. Urgent deterioration requires timely live assessment rather than continued monitoring alone.