

Name \_\_\_\_\_

Date \_\_\_\_\_

### JONES MOOD SCALE©

Please rate each of the following according to how you have been on average over the past 2 weeks compared to your normal self.

Depressed			<b>MOOD</b>			Elevated/high
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-3	-2	-1	Normal	+1	+2	+3

Low			<b>INTEREST/DRIVE/PLEASURE</b>			High
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-3	-2	-1	Normal	+1	+2	+3

Low			<b>ANGER/IRRITABILITY</b>			High
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-3	-2	-1	Normal	+1	+2	+3

Low			<b>ENERGY</b>			High
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-3	-2	-1	Normal	+1	+2	+3

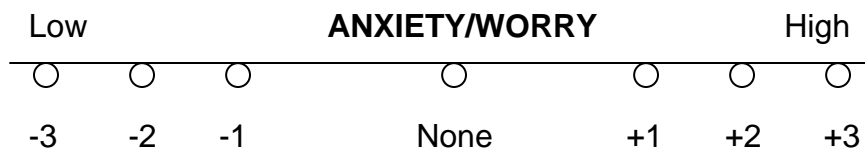
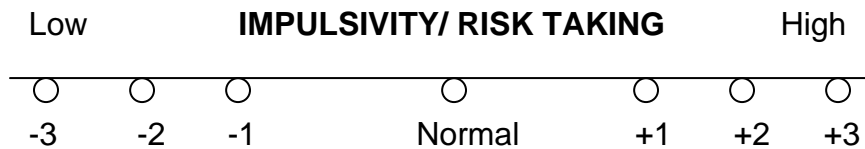
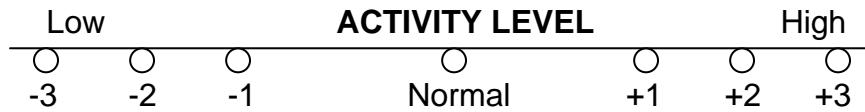
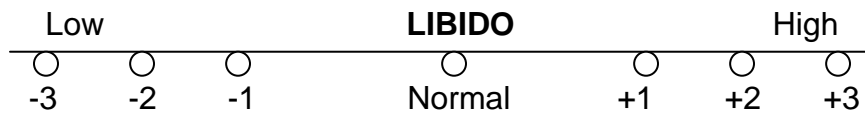
Decrease			<b>APPETITE/WEIGHT</b>			Increase
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-3	-2	-1	Normal	+1	+2	+3

Low			<b>SELF CONFIDENCE/SELF ESTEEM</b>			High
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-3	-2	-1	Normal	+1	+2	+3

Slowed			<b>THINKING</b>			Racing
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-3	-2	-1	Normal	+1	+2	+3

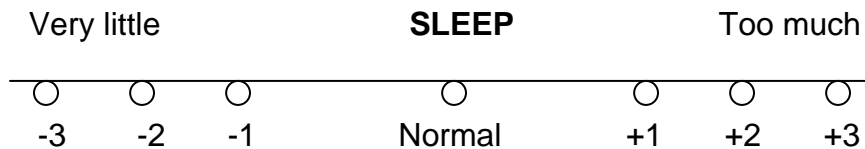
OVER →

Answer according to the last two weeks compared to your normal self (personality).



**SUICIDALITY: (circle one)**

None      Thought about it      Made a plan      Made an attempt



If sleep is abnormal, how much does it bother you?

