

Name *John Smith*Month *October*Year *2000*

ELEVATED

NORMAL

DEPRESSED

| DAYS | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | |
|-----------------------------|--------------------------------------------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|----|--|
| Severe | Significant impairment Not able to work | | | | | | | | | | | | | X | X | | X | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | X | | | | | | | | | | | | X | | | | | | | |
| Moderate | Significant impairment Able to work | | | | | | | | | | | X | | | | | | | | | | | | | | | X | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | X | | | | | | |
| Mild | Without significant impairment | | | X | | | | | | | | X | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | X | | | | | | | | | | | | | | | | | | | | | |
| NORMAL | | | | | | | | | | | | | | | | | | X | | | | | | | | | | | | X | X | X | | | |
| | | X | X | | X | X | X | X | X | | X | | | | X | | | | | X | | | | | | | | | | X | X | | | | |
| Mild | Without significant impairment | X | X | X | X | X | | | | X | | | | | | X | X | | X | | | | | | X | X | | | X | | | | X | | |
| | | | | | | X | | | | | | X | X | | | | | | | | | | | X | X | X | X | X | | | | | | | |
| Moderate | Significant impairment Able to work | | | | | | X | | | | | | | | | | | | X | X | X | X | X | X | X | | | | | | | | | | |
| | | | | | | | | X | | X | | | | | | | X | | X | X | X | X | X | | | | | | | | | | | | |
| Severe | Significant impairment Not able to work | | | | | | | | X | | X | | | | | | | | | | | X | | | | | | | | | | | | | |
| | | | | | | | | | | X | | | | | | | | | | | | X | | | | | | | | | | | | | |
| Anxiety | 0=None 1=Mild | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 2 | 3 | 1 | 1 | 1 | 1 | 0 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 1 | 0 | 0 | 0 | | |
| Irritability | 2=Moderate 3=Severe | 0 | 0 | 1 | 0 | 0 | 1 | 2 | 3 | 3 | 2 | 2 | 1 | 3 | 3 | 3 | 3 | 2 | 1 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 1 | 0 | 0 | 0 | | | |
| Weight on day 28 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 87 | |
| Hours slept | | 8 | 8 | 8 | 8 | 8 | 9 | 9 | 9 | 10 | 9 | 8 | 6 | 5 | 5 | 6 | 6 | 7 | 8 | 9 | 10 | 9 | 9 | 8 | 8 | 8 | 7 | 7 | 7 | 6 | 7 | 7 | | | |
| Medication (name/mg) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Lithium</i> /300 | | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 4 | | |
| <i>Clonazepam</i> /0.5 | | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 3 | 3 | 3 | 3 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | | |

Perforation - detach along here

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