

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 **MOOD** Elevated/high

-3 -2 -1 Normal +1 +2 +3

Low **INTEREST/DRIVE/PLEASURE** High

-3 -2 -1 Normal +1 +2 +3

Low **ANGER/IRRITABILITY** High

-3 -2 -1 Normal +1 +2 +3

Low **ENERGY** High

-3 -2 -1 Normal +1 +2 +3

Decrease **APPETITE/WEIGHT** Increase

-3 -2 -1 Normal +1 +2 +3

Low **SELF CONFIDENCE/SELF ESTEEM** High

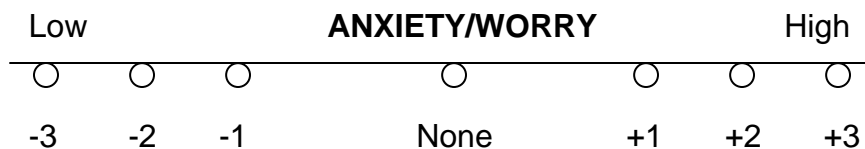
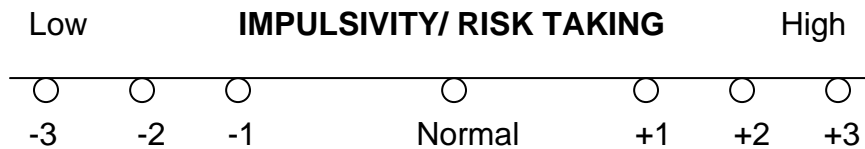
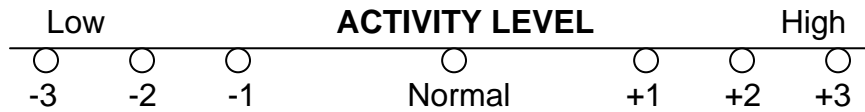
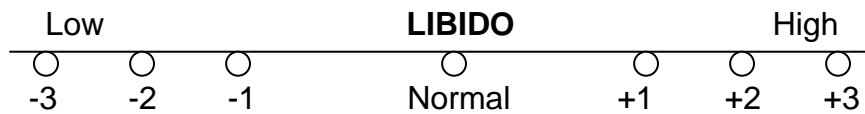
-3 -2 -1 Normal +1 +2 +3

Slowed **THINKING** Racing

-3 -2 -1 Normal +1 +2 +3

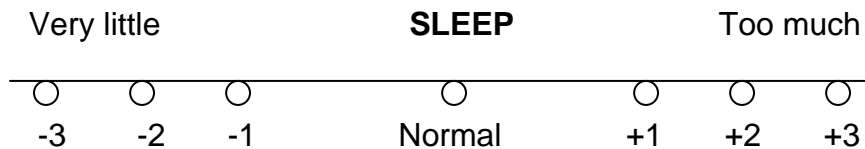
OVER →

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?

