

NIMH-LCM™ Self Ratings (RETROSPECTIVE)

Patient Name _____

PLEASE PRINT

Years 19__ - 19__

6/13 ph. call column
instagram review

Other ()
Other ()
Other ()
Thyroid (T3 or T4) ()
Benzodiazepine ()
Neuroleptic ()
MAOI ()
Antidepressant II ()
Antidepressant I ()
Depakote ()
Tegretol ()
Lithium ()

Monthly Medication Dose
(if available)

Dysphoric Mania (✓)

Mania

SEVERE

Essentially
Incapacitated
or
Hospitalized

MODERATE

Notable Difficulty
with Goal-Oriented Activity

MILD

More Energized & Productive With
Little or No Functional Impairment

Months of Year

1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12

Baseline

MILD

Little or No
Functional Impairment

MODERATE

Functioning with
Notable Difficulty

SEVERE

Essentially
Incapacitated
or
Hospitalized

Depression

TRACK COMORBID
SYMPTOMS HERE

Number of Mood
Switches Per Month

Cycling Within A Day (✓)

Impact
(-4 to +4)

(Date) Life Events

2017	Nov.	NYC move	(3)	19__
2018	Feb	started work Smilist (Medication)	(1)	19__
2018	March - April	back off meds		19__
2018	July	Departure NYC Preliminary San Diego	(2-3)	19__
2018	August	Quit Job SAN DIEGO	(2)	19__
2018	September	State College		19__
2018	October	Call to UPMA integrative psych	(2)	19__
		Summit Basin TX		19__

SEVERE
MODERATE
MILD
Baseline