NIMH-LCM™ Self/PROSPECTIVE Ratings: The LCM-S/P™

Name _____ Month _____ Year _____

LCM-SP™ Version 2-02

Days of Month: 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

Medication Name	DOSE per tablet	UNIT (mg, mcg, gm)
Lithium		
Tegretol		
Depakote		

Please track all medications that you are currently taking.

Enter total # of tablets TAKEN per day

Days of Month: 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

Hours of Sleep

Dysphoric Mania (√) if Yes

Mania

SEVERE — Essentially Incapacitated or **Hospitalized** — SEVERE

MODERATE high — GREAT Difficulty with Goal-Oriented Activity

MODERATE low — SOME Difficulty with Goal-Oriented Activity — MODERATE

MILD — More Energized & Productive with Little or No Functional Impairment — MILD

Days of Month: 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 Baseline

MILD — Little or No Functional Impairment — MILD

MODERATE low — Functioning with SOME Effort

MODERATE high — Functioning with GREAT Effort — MODERATE

SEVERE — Essentially Incapacitated or **Hospitalized** — SEVERE

Depression

TRACK COMORBID SYMPTOMS HERE

Number of Mood Switches / Day

Mood (0 - 100)

0 Most Depressed Ever — 50 Balanced — 100 Most Manic (Activated) Ever

Impact (-4 to +4)

Life Events

Please circle the days of your menstrual period.

Days of Month: 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