# User Guide for the Mood Management Interactive Brochure

*General Description*

> Mood problems are common in returning Veterans, especially those injured during combat deployments[1]

> Evidenced-based cognitive-behavioral approaches are available to treat mood problems[2]

> Mood problems can be addressed by encouraging new experiences, facilitating social interaction, and challenging negative thoughts

*Target Audience*

> Mood management strategies detailed in this brochure are most appropriate for Veterans whose mood problems are significant but not debilitating

> Consider referral to a mental health specialist if mood problems are severely affecting the Veteran's quality of life or overall well-being

*Pre- and Post-Intervention Symptom Assessment and Administration*

> After the need for a mood management intervention has been established, administer the pre-intervention symptom assessment (Environmental Reward Observation Scale, EROS)[3]

> Administer the entire Team Up to Facilitate Functioning Mood Management brochure with emphasis on the Team Up points

> Contact clients after 4 weeks to administer the post-intervention symptom assessment (EROS)

## Administering the Sleep Hygiene Interactive Brochure: Expanding on the 'Team Up' Points

**Team Up: Determine which of these symptoms has affected you for at least two weeks?**

This interaction is designed to help build rapport with the Veteran while also collecting information that will help you tailor the remainder of the intervention to their specific needs.

**Team Up: Discuss how the negative thoughts described above could affect your mood and behavior.**

Identifying and challenging negative thoughts is a difficult skill to teach. This is the first of two opportunities you have to help the Veteran develop this skill.

**Team Up: Listed below are three errors in thinking...Try to identify all the negative thoughts.**

Review the three types of negative thinking with the Veteran. Ask the Veteran to identify each negative thought from the examples and discuss the impact of these thoughts on mood.

**Team Up: Have you discontinued any of the following rewarding activities?**

Use this information for the next Team Up.

**Team Up: Choose an activity that you enjoy and make a plan to get involved in that activity.**

Help the Veteran to identify an activity they enjoy (possibly from the prior Team Up) and to develop a plan to get involved (e.g., frequency, location, etc.)

### Administration Procedure Quick Reference

> **Ensure Veteran is part of target audience**

> **Administer pre-intervention symptom assessment**

> **Deliver the interactive brochure**

> **Establish follow-up date**

> **Document intervention including the symptom assessment results**

> **Complete the post-intervention symptom assessment 4 weeks later**

> **Determine if further intervention is needed**

### References


1. Copeland et al. (in press). Transition from military to VHA care: Psychiatric health services for Iraq/Afghanistan combat-wounded. J Affect Disord.

2. Coetzer. (2010). Anxiety and mood disorders following traumatic brain injury: Clinical assessment and psychotherapy. London: Karnac Books.

3. Armento & Hopko. (2007). The Environmental Reward Observation Scale (EROS): Development, validity, and reliability. Behav Ther, 38, 107-119.



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*For more information contact Michael.Kauth@va.gov or go to www.mirecc.va.gov/visn16*

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