

Mood Management Assessment

Clinician Notes

ID:

Date:

Follow Up:

Instructions

With reference to the past several months, please rate each of the following items using the following scale and record your answer in the space below the item:



1. Very few activities in my life are pleasurable.
1 2 3 4
2. I have found that many experiences make me unhappy.
1 2 3 4
3. In general, I am very dissatisfied with the way I spend my time.
1 2 3 4
4. It is difficult for me to find enjoyment in my life.
1 2 3 4
5. Other people seem to have more fulfilling lives.
1 2 3 4
6. Activities that used to be pleasurable no longer are gratifying.
1 2 3 4
7. I wish that I could find more hobbies that would bring me a sense of pleasure.
1 2 3 4
8. I am dissatisfied with my accomplishments.
1 2 3 4
9. My life is boring.
1 2 3 4
10. The activities I engage in rarely have positive consequences.
1 2 3 4

4-Week Follow Up

- 1.) 1 2 3 4
- 2.) 1 2 3 4
- 3.) 1 2 3 4
- 4.) 1 2 3 4
- 5.) 1 2 3 4
- 6.) 1 2 3 4
- 7.) 1 2 3 4
- 8.) 1 2 3 4
- 9.) 1 2 3 4
- 10.) 1 2 3 4

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