

## Mood Thermometer

The *mood thermometer* provides a highly effective way to track a client's mood and identify associated interpersonal interactions.

This visual guide provides a way to identify mood changes and how they link to different interpersonal events (for example, in class or at home). The mood thermometer is especially effective for children less practiced at spotting moods and potentially related events (Dietz, Weinberg & Mufson, 2018).

A score of 1 on the scale indicates the happiest the client has ever been, with no feelings of anger or sadness. A score of 10 indicates the most intense feels of anger or sadness.

Ask the client to write down times in their life when they felt at each point along the mood continuum. The information and awareness gained can be useful for present and subsequent discussion and insights:

Score	Anger/Sadness	Situation
10		
9		
8		
7		
6		
5		

Score	Anger/Sadness	Situation
4		
3		
2		
1		

The therapist can use the mood thermometer in each session to capture how the client has felt, and what the triggers have been, since the last meeting.

For example, prompting completion by asking:

- *Was there a time last week when you felt....*
- *Tell me about what was happening when you felt....*

### Reference

- Dietz, L. J., Weinberg, R., & Mufson, L. (2018). *Family-based interpersonal psychotherapy for depressed preadolescents: Clinician guide*. New York, NY: Oxford University Press.

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