

The purpose of this form is to find out how your mood and behavior change over time. Please fill in all the relevant circles. Note: We are interested in *your* experience; *not that of others* you may have observed.

1. In the following questions, fill in circles for all applicable months. This may be a single month ●, a cluster of months, ●●●, or any other grouping.

At what time of year do you . . .

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
A. Feel best	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. Tend to gain most weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C. Socialize most	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D. Sleep least	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E. Eat most	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F. Lose most weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
G. Socialize least	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
H. Feel worst	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I. Eat least	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
J. Sleep most	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

OR

}

No particular months stand out as extreme on a regular basis

2. To what degree do the following change *with the seasons*?

(One circle only for each question.)

	0	1	2	3	4
	No change	Slight change	Moderate change	Marked change	Extremely marked change
A. Sleep length	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. Social activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C. Mood (overall feeling of well-being)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D. Weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E. Appetite	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F. Energy level	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FIGURE 1. Questionnaire for evaluating your degree of seasonality.

Modified from the Seasonal Pattern Assessment Questionnaire (SPAQ) of N. E. Rosenthal, G. Bradt, and T. Wehr (public domain).

Note to scholars and researchers: Over the years, many people have written to me requesting permission to use this questionnaire. The SPAQ was developed under the aegis of the NIMH, a government institution, and is therefore in the public domain and can be used freely by scholars and researchers. Notifying its authors that you plan to use this instrument in a research project is merely a courtesy.

3. If you experience changes with the seasons, do you feel that these are a problem for you? No
 Yes

If yes, is this problem

Mild	Moderate	Marked	Severe	Disabling
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. By how much does your weight fluctuate during the course of the year?

- 0–3 lbs.
- 4–7 lbs.
- 8–11 lbs.
- 12–15 lbs.
- 16–20 lbs.
- Over 20 lbs.

5. Approximately how many hours of each 24-hour day do you sleep during each season? (include naps)

	Hours slept per day																		Over 18 hours	
<input type="radio"/> Winter (Dec 21–Mar 20)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<input type="radio"/> 11	<input type="radio"/> 12	<input type="radio"/> 13	<input type="radio"/> 14	<input type="radio"/> 15	<input type="radio"/> 16	<input type="radio"/> 17	<input type="radio"/> 18	<input type="radio"/>
<input type="radio"/> Spring (Mar 21–June 20)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<input type="radio"/> 11	<input type="radio"/> 12	<input type="radio"/> 13	<input type="radio"/> 14	<input type="radio"/> 15	<input type="radio"/> 16	<input type="radio"/> 17	<input type="radio"/> 18	<input type="radio"/>
<input type="radio"/> Summer (June 21–Sept 20)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<input type="radio"/> 11	<input type="radio"/> 12	<input type="radio"/> 13	<input type="radio"/> 14	<input type="radio"/> 15	<input type="radio"/> 16	<input type="radio"/> 17	<input type="radio"/> 18	<input type="radio"/>
<input type="radio"/> Fall (Sept 21–Dec 20)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<input type="radio"/> 11	<input type="radio"/> 12	<input type="radio"/> 13	<input type="radio"/> 14	<input type="radio"/> 15	<input type="radio"/> 16	<input type="radio"/> 17	<input type="radio"/> 18	<input type="radio"/>

6. Do you notice change in food preference during the different seasons? No
 Yes

Please specify:

FIGURE I (cont.)

1. Please circle the × under the month(s) when the following happen:

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	All the same
I have the least energy	×	×	×	×	×	×	×	×	×	×	×	×	×
I am the most irritable	×	×	×	×	×	×	×	×	×	×	×	×	×
I feel my worst	×	×	×	×	×	×	×	×	×	×	×	×	×

2. For you, do any of the following vary with the seasons? (circle the ×)

Length of sleep					×		×		×		×		×
Getting in trouble					×		×		×		×		×
Social activity					×		×		×		×		×
Substance abuse (drinking, smoking, drugs)					×		×		×		×		×
Mood					×		×		×		×		×
School performance					×		×		×		×		×
a. Difficulty					×		×		×		×		×
b. Grades					×		×		×		×		×
Weight					×		×		×		×		×
Irritability					×		×		×		×		×
Energy level					×		×		×		×		×
Appetite					×		×		×		×		×

3. If you experience change with the seasons, do you feel this is a problem for you? Yes: _____ No: _____

If yes, is this problem (circle one):

Not bad Pretty bad Very bad So bad I have trouble functioning

FIGURE 2. Seasonal Pattern Assessment Questionnaire for Children and Adolescents (SPAQ-CA).

Adapted by S. Swedo and J. Pleeter from the SPAQ of N. E. Rosenthal, G. Bradt, and T. Wehr; public domain.

Scale: +50 = The best I've ever felt
 0 = Even mood
 -50 = The worst I've ever felt

	Year	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	April	May	June
Last year													
2 years ago													
3 years ago													
4 years ago													
5 years ago													
Average													

FIGURE 12. Monthly mood ratings to help you develop numbers to graph your seasonal profile. From *Winter Blues* (4th ed.). Copyright 2013 by Norman E. Rosenthal.

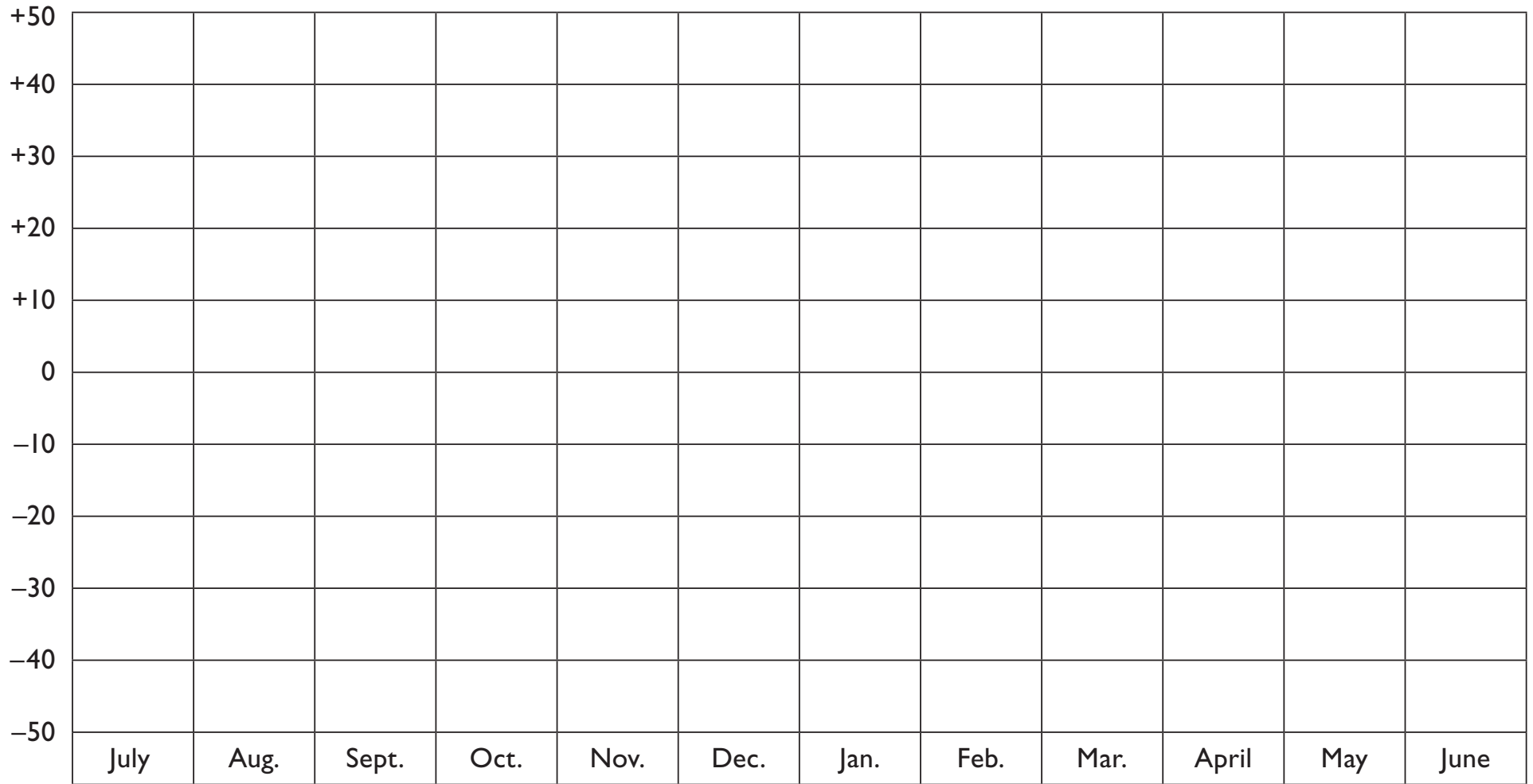


FIGURE 13. A picture of your seasonal profile (use average from previous grid). From *Winter Blues* (4th ed.). Copyright 2013 by Norman E. Rosenthal.

CORE BELIEF WORKSHEET

Name: _____ Date: _____

Old core belief: _____

- How much do you believe the old core belief right now? (0–100)___
- What's the most you've believed it this week? (0–100)___
- What's the least you've believed it this week? (0–100)___

New belief: _____

- How much do you believe the new belief right now? (0–100)___

Evidence that contradicts old core belief and supports new belief	Evidence that seems to support old core belief with reframe

Should situations related to an increase or decrease in the strength of the belief be topics for the agenda?

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