

Kimberley Mum's Mood Scale (KMMS) Part 1

Think about the past 7 days, not just how you feel today.

NAME:

DOB:

DATE:

1. I can sit down and have a good laugh



Yes, always



Yes, sometimes



No, not much



No, never

2. I look forward for good things to happen



Yes, always



Yes, sometimes



No, not much



No, never

3. I blame myself when things go wrong



Yes, always



Yes, sometimes



No, not much



No, never

4. I worry too much and don't know why



Yes, always



Yes, sometimes



No, not much



No, never

5. I feel frightened and shaky a lot



Yes, always



Yes, sometimes



No, not much



No, never

6. I can't handle all the stress or I stress out



Yes, always



Yes, sometimes



No, not much



No, never

7. I feel really no good, like no-one loves me



Yes, always



Yes, sometimes



No, not much



No, never

8. I can't sleep because I am sad or think too much



Yes, always



Yes, sometimes



No, not much



No, never

9. I am so sad I have been crying



Yes, always



Yes, sometimes



No, not much



No, never

10. I think about doing something bad to myself or others



Yes, always



Yes, sometimes



No, not much



No, never