

# Kimberley Mum's Mood Scale Scoring Template

NAME: \_\_\_\_\_  
 DOB: \_\_\_\_\_  
 DATE: \_\_\_\_\_

**Part 1 Instructions:** Add up to determine total Part 1 score.  
 Any score > 0 in Question 10 requires further exploration.

					SCORE
1. I can sit down and have a good laugh	Yes, always 0	Yes, sometimes 1	No, not much 2	No, never 3	
2. I look forward for good things to happen	Yes, always 0	Yes, sometimes 1	No, not much 2	No, never 3	
3. I blame myself when things go wrong	Yes, always 3	Yes, sometimes 2	No, not much 1	No, never 0	
4. I worry too much and don't know why	Yes, always 3	Yes, sometimes 2	No, not much 1	No, never 0	
5. I feel frightened and shaky a lot	Yes, always 3	Yes, sometimes 2	No, not much 1	No, never 0	
6. I can't handle all the stress or I stress out	Yes, always 3	Yes, sometimes 2	No, not much 1	No, never 0	
7. I feel really no good, like no-one loves me	Yes, always 3	Yes, sometimes 2	No, not much 1	No, never 0	
8. I can't sleep because I am sad or think too much	Yes, always 3	Yes, sometimes 2	No, not much 1	No, never 0	
9. I am so sad I have been crying	Yes, always 3	Yes, sometimes 2	No, not much 1	No, never 0	
10. I think about doing something bad to myself or others	Yes, always 3	Yes, sometimes 2	No, not much 1	No, never 0	
<p>For any response other than "No, never", ask exploring questions. E.g. Who do you think about doing something bad to? Can you tell me more about these feelings and thoughts you are having? When did you have these thoughts? Do you have a plan? What keeps you safe? Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><input type="checkbox"/> Immediate concerns: Follow Kimberley Self-Harm / Suicide Protocol.</p> <p><input type="checkbox"/> If no immediate concerns, continue with KMMS Part 2.</p>					

**TOTAL PART 1 SCORE**