

Seasonal Pattern Assessment Questionnaire

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

1. In the following questions, fill in boxes or 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 . . .

	J a n	F e b	M a r	A p r	M a y	u	J u l	A u g	S e p	O c t	N o v	D e c	N o n e
A. Feel best													
B. Tend to gain most weight													
C. Socialize most													
D. Sleep least													
E. Eat most													
F. Lose most weight													
G. Socialize least													
H. Feel worst													
I. Eat least													
J. Sleep most													

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

	No change	Slight Change	Moderate Change	Marked Change	Extremely Marked Change
A. Sleep length					
B. Social activity					
C. Mood (overall feeling of well being)					
D. Weight					
E. Appetite					
F. Energy level					

3. If you experience changes with the seasons, do you feel that these are a problem for you?

0	No
0	Yes

If yes, is this problem:

MILD	MODERATE	MARKED	SEVERE	DISABLING
0	0	0	0	0

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.
0	0	0	0	0	0

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

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

6. Do you notice a change in food preference during the different seasons?

O No

O Yes

Please specify: