

SEASONAL PATTERN ASSESSMENT QUESTIONNAIRE

1. Name _____ 2. Age _____

3. Place of birth - City / Province (State) / Country _____

4. Today's date
 Month _____ Day _____ Year _____

5. Current weight (in lbs.) _____

6. Years of education

Less than four years of high school	1
High school only	2
1-3 years post high school	3
4 or more years post high school	4

7. Sex - Male 1 Female 2

8. Marital Status -

Single	1
Married	2
Sep./Divorced	3
Widowed	4

9. Occupation _____

10. How many years have you lived in this climatic area? _____

INSTRUCTIONS

* Please circle the number beside your choice.

Example:
Sex Male 1 Female 2

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

11. To what degree do the following change with the seasons?

	No Change	Slight Change	Moderate Change	Marked Change	Extremely Marked Change
A. Sleep length	0	1	2	3	4
B. Social activity	0	1	2	3	4
C. Mood (overall feeling of well being)	0	1	2	3	4
D. Weight	0	1	2	3	4
E. Appetite	0	1	2	3	4
F. Energy level	0	1	2	3	4

12. In the following questions, fill in circles for all applicable months. This may be a single month **O**, a cluster of months, e.g. **O O O** , or any other grouping.

At what time of year do you....

	J	F	M	A	M	J	J	A	S	O	N	D	
	a	e	a	p	a	u	u	u	e	c	o	e	
	n	b	r	r	y	n	l	g	p	t	v	c	
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"/>	OR No particular month(s) stand out as extreme on a regular basis
B. 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"/>	OR <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"/>

14. How much does your weight fluctuate during the course of the year?

- | | | | |
|----------|---|-------------|---|
| 0-3 lbs | 1 | 12-15 lbs | 4 |
| 4-7 lbs | 2 | 16-20 lbs | 5 |
| 8-11 lbs | 3 | Over 20 lbs | 6 |

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

Winter	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Over18
Spring	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Over18
Summer	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Over18
Fall	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Over18

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

- No 1 Yes 2 If yes, please specify :

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

- No 1 Yes 2 If yes, is this problem -
- | | |
|-----------|---|
| mild | 1 |
| moderate | 2 |
| marked | 3 |
| severe | 4 |
| disabling | 5 |

Thank you for completing this questionnaire.

* Raymond W. Lam 1998 (modified from Rosenthal, Bradt and Wehr 1987).