

*The Murphy-Moller*

# Symptom Evaluation Tool<sup>J</sup>

The  
Murphy  
Moller  
Symptom

## Evaluation Tool

The Murphy-Moller Symptom Evaluation Tool (MM-SET) was developed by Millene Freeman Murphy, PhD, APRN, CS, LMFT and Mary D. Moller, MSN, ARNP, CS of Psychiatric Rehabilitation Nurses, Inc. The MM-SET was developed from The *Moller-Murphy Symptom Management Assessment Tool IP* (MM-SMAT II). Assessment items from the MM-SMAT II were selected on the basis of a step-wise regression.

The MM-SET can be used to weekly monitor symptoms in order to evaluate the effect of therapies, including pharmacological therapy. The MM-SET takes only a few minutes to complete and score. The higher the score, the more difficulties the person is having.

It is recommended that the MM-SMAT II be used for a more complete assessment, on a monthly basis, and for help with symptom management. The MM-SMAT II is divided into categories and assists in the identification of psychiatric symptoms, health and environmental variables, problems related to medication, and provides a common language for everyone involved in psychiatric symptom management to identify the frequency, intensity, and duration of symptoms.

The MM-SET and MM-SMAT II are designed as component pieces of *The Three R=s Psychiatric Wellness Program<sup>J</sup>* and can be used for the assessment and monitoring of progress in relapse prevention.

*The Three R=s Psychiatric Wellness Program<sup>J</sup>* includes, as part of the Recovery Phase, the book *Recovering From Psychosis: A Wellness Approach* by Mary D. Moller, MSN and Dr. Millene F. Murphy, and as part of the Rehabilitation Phase, the workbook *My Symptom Management Workbook: A Wellness Expedition* by Dr. Millene F. Murphy, Mary D. Moller, MSN and John V. Billings, MS.

## Instructions

Please circle the number under intensity and frequency that best identifies your individual experiences with a given symptom during the past week (duration). You may write on the back symptoms you have that are not listed. If you need help in completing the tool, feel free to ask any questions you may have. The total score will provide a baseline score for your symptoms. We recommend using this form at least once a week to monitor your symptom level.

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# 1 *The Murphy-Moller* Symptom Evaluation Tool™

I had problems with the following symptoms during the past week.  (Please circle the number in each category that applies)	How Often?				How Intense?				No Problems	
	1-2 Times	3-4 Times	Daily	Constantly	Mild	Moderate	Severe	Alarming		
1. I am eating less	1	2	3	4	1	2	3	4	0	
2. I have trouble sleeping	1	2	3	4	1	2	3	4	0	
3. I have trouble concentrating	1	2	3	4	1	2	3	4	0	
4. I have bad dreams	1	2	3	4	1	2	3	4	0	
5. I have frequent aches and pains	1	2	3	4	1	2	3	4	0	
6. My body feels strange	1	2	3	4	1	2	3	4	0	
7. I feel depressed	1	2	3	4	1	2	3	4	0	
8. I feel worthless	1	2	3	4	1	2	3	4	0	
9. I feel like harming/killing myself/others	1	2	3	4	1	2	3	4	0	
10. I lack control over my life	1	2	3	4	1	2	3	4	0	
11. I feel too excited	1	2	3	4	1	2	3	4	0	
12. I lose my temper easily	1	2	3	4	1	2	3	4	0	
13. I spend money too fast	1	2	3	4	1	2	3	4	0	
14. I have trouble sitting still	1	2	3	4	1	2	3	4	0	
15. I have special abilities other people do not have	1	2	3	4	1	2	3	4	0	
16. I taste things no one else seems to	1	2	3	4	1	2	3	4	0	
17. Other people can read my mind	1	2	3	4	1	2	3	4	0	
18. I see things no one else seems to	1	2	3	4	1	2	3	4	0	
19. I hear voices no one else seems to	1	2	3	4	1	2	3	4	0	
20. Other people can control me	1	2	3	4	1	2	3	4	0	
21. I have problems with other people	1	2	3	4	1	2	3	4	0	
22. My medications make it difficult for me to walk/talk	1	2	3	4	1	2	3	4	0	
23. I have trouble cooking a meal	1	2	3	4	1	2	3	4	0	
24. I have problems with my mental health	1	2	3	4	1	2	3	4	0	
25. I have trouble remembering to take my medications	1	2	3	4	1	2	3	4	0	
Total										
Comments:										