

INSTRUCTIONS FOR INTRODUCING AND SCORING THE SOCIAL RHYTHM METRIC

The Social Rhythm Metric

The Social Rhythm Metric (SRM) was developed to measure the habitual time at which 17 daily events occur in a person's life over a one week interval. A baseline SRM score is calculated at the beginning of treatment and subsequent scores are compared over the course of treatment.

The Social Rhythm Metric form:

The form contains:

- A list of 17 key events that pattern a person's social rhythms
- A space for indicating the time of day each event took place
- A space for indicating the people who were involved in the event and how actively they were involved.
 1. A mood rating scale

Introducing the SRM:

1. At the beginning of treatment, clients receive a psycho-educational session during which the SRM is introduced. Explanation is given regarding the nature and importance social rhythms, their effects on moods, and the possibility of having influence over moods.
2. Clients are shown the SRM form and how to complete it and are given written instructions and forms to take home. Also, they are told that the sequencing of events on the form does not imply that people have to perform them in that order.
3. The SRM form is to be filled at the end of each day, indicating the time an event was performed, who was involved, etc. The client is to bring completed SRM forms for each week to weekly sessions during the first phase of treatment.
4. The therapist explains that he/she and client can compare the patterning of routines over time and can discuss changes in

the regularity of patterns and the amount or intensity of social interaction and how those changes might interact with moods.

Scoring the Social Rhythm Metric :

Calculating Habitual Time:

- 1) Calculate the mean (average) for the times for each event.

Calculating the SRM score:

- a) **Find the "Hits"** A "hit" is an event which is performed within 45 minutes of the habitual time for that event. **Add them up**
- b) **Add up the Total number of events** the individual performed during the week
- c) dividing the total number of "hits"(a) scored across a week by the total number of events performed(b)— $a/b = \text{score}$
(example: Person X performed 4 of the listed events at least three times during the week and had a total of 16 hits. Person X's SRM score = $16/4 = 4.0$.)

The average SRM for healthy community dwelling adults is approximately 3.4 with SD of 0.8.

Social rhythm metric [SRM]. Monk T; Flaherty JF; Frank E; Kupfer DJ. IN: Fischer J & Corcoran K (1994). Measures for clinical practice: A sourcebook. 2nd Ed. (2vols). New York: Free Pr. v.2,pg.608-610