

Note: You can take the test herein or in the following website where it will get scored:

<http://psychcentral.com/quizzes/bipolarquiz.htm>

Bipolar Screening Quiz

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Instructions: The items below refer to how you have felt and behaved over much of your life. If you have usually been one way, and have recently changed, your responses should reflect how you **have usually been**. In order for the results of this quiz to be most accurate, you should be 18 or older and have had at least one episode of depression.

I am a year old Female / Male

1. At times I am much more talkative or speak much faster than usual.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

2. There have been times when I was much more active or did many more things than usual.

- Not at all
- Just a little

- Somewhat
- Moderately
- Quite a lot
- Very much

3. I get into moods where I feel very 'speeded-up' or irritable.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

4. There have been times when I have felt both high (elated) and low (depressed) at the same time.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

5. I have been much more interested in sex than usual.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

6. My self-confidence ranges from great self-doubt to equally great overconfidence.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

7. There have been GREAT variations in the quantity or quality of my work.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

8. For no apparent reason I sometimes have been VERY angry or hostile.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

9. I have periods of mental dullness and other periods of very creative thinking.

- Not at all
- Just a little
- Somewhat

- Moderately
- Quite a lot
- Very much

10. At times I am greatly interested in being with people and at other times I just want to be left alone with my thoughts.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

11. I have had periods of great optimism and other periods of equally great pessimism.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

12. I have had periods of tearfulness and crying and other times when I laugh and joke excessively.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

SCORING KEY

Give a value of 0 to “Not at all”, 1 to “Just a little”, 2 to “Somewhat”, 3 to “Moderately”, 4 to “Quite a lot” and 5 to “Very Much”.

If you scored..... you may have

- 51 & up:** Bipolar disorder – Serious symptoms
- 36-50:** Bipolar disorder – Moderate to severe symptoms
- 25-35:** Bipolar disorder likely
- 16-24:** Either bipolar disorder II or depressive disorder
- 10-15:** Possible depressive disorder
- 0-9:** No disorder likely