



## BIPOLAR MANIA

Patient Name \_\_\_\_\_ DOB \_\_\_\_\_ Female  
 Provider Name \_\_\_\_\_ Date \_\_\_\_\_ Male Other

### SECTION ONE

	YES	NO
Has there been a period when you were not your usual self and...		
1- You felt so good or so hyper that other people thought you were not your normal self, or you were so hyper that you into trouble?		
2- You were so irritable that you shouted at people or started fights or arguments?		
3- You felt much more self-confident than usual?		
4- You got much less sleep than usual and found you didn't really miss it?		
5- You were much more talkative or spoke much faster than usual?		
6- Thoughts raced through your head or you couldn't slow your mind down?		
7- You were so easily distracted by things around you that you had trouble concentrating or staying on track?		
8- You had much more energy than usual?		
9- You were much more active or did many more things than usual?		
10- You were much more social or outgoing than usual-- for example, you telephoned friends in the middle of the night?		
11- You were much more interested in sex than usual?		
12- You did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?		
13- You spent so much money that it got you or your family into trouble?		

If the patient answered YES to more than one of the questions in the first section, continue to section two.  
\* The questionnaire used here was adapted from the one developed by Robert M. A. Hirschfeld, MD, of the University of Texas Medical Branch at Galveston, and published in The American Journal of Psychiatry.

### SECTION TWO

	YES	NO
14- Did any of those situations you said yes to ever happen during the same time period?		

### SECTION THREE- The patient can choose only one response

15- How much of a problem did any of these situations cause you (ie, being unable to work; having family, money, or legal problems; getting into serious arguments or fights)?	
A- It was a problem	C- It was a moderate problem
B- It was a minor problem	D- It was a serious problem