1. **Has there ever been a period of time when you were not your usual self and ...**

- you felt so good or so hyper that other people thought you were not your usual self or you were so hyper that you got into trouble?  
  yes  no

- you were so irritable that you shouted at people or started fights and arguments?  
  yes  no

- you felt much more self-confident than usual?  
  yes  no

- you got much less sleep than usual and found that you didn’t really miss it?  
  yes  no

- you were much more talkative or spoke much faster than usual?  
  yes  no

- thoughts raced through your head or you couldn’t slow your mind down?  
  yes  no

- you were so easily distracted by things around you that you had trouble concentrating or staying on track?  
  yes  no

- you had much more energy than usual?  
  yes  no

- you were much more active or did many more things than usual?  
  yes  no

- you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?  
  yes  no

- you were much more interested in sex than usual?  
  yes  no

- you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?  
  yes  no

- spending money got you or your family in trouble?  
  yes  no

2. **If you checked YES to more than one of the above, have several of these ever happened during the same period of time?**  
  yes  no

3. **How much of a problem did any of these cause you – like being unable to work; having family, money, or legal troubles; getting into arguments or fights?** Select one response only.

   No Problem  Minor Problem  Moderate Problem  Serious Problem

Adapted with permission from Robert M.A. Hirschfeld, MD
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