

Sheri Spirt, M.D.

Goldberg Bipolar Screening Quiz

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Use this brief, time-saving questionnaire to help you determine if you may need to see a mental health professional for diagnosis and treatment of bipolar disorder.

Bipolar Overview

Bipolar Quiz

Mania Quiz

General Symptoms of Bipolar

Major Depressive Episode

Hypomanic Episode

Manic Episode

Mixed Episode

Treatment Options

Recommended Books

Online Resources

Support Group

Help for Bipolar Disorder

Medications for Bipolar

Facts on Bipolar Disorder

Children and Adolescents

Research

DSM Codes for Bipolar

Disorder

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**.

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

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. At times 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

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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

o very much