

# ARE YOU SUFFERING FROM BIPOLAR DISORDER? SELF-ASSESSMENT QUESTIONNAIRE

Mood swings are a normal phenomenon of life. However, with bipolar disorder, these changes become disproportionate with irritation. They reach such an intensity that individuals can no longer realize they have gone too far or they suffer so much from depression that they are paralyzed and haunted by suicidal thoughts. This condition generates family, financial, professional and sometimes legal problems. The illness can lead to hospitalization, even suicide.

This questionnaire was developed in collaboration with people suffering from bipolar disorders. It has not been validated and cannot be used to confirm a bipolar disorder (manic depression) diagnosis. It will be used as a basis for discussion during you assessment meeting.

## 1. In your family, are there:

- a) individuals who had a burnout or get depressed? \_\_\_\_\_
- b) persons who have tried to or have committed suicide? \_\_\_\_\_
- c) alcoholics? \_\_\_\_\_
- d) drug addicts? \_\_\_\_\_
- e) eccentrics? \_\_\_\_\_
- f) individuals who were hospitalized in psychiatry? \_\_\_\_\_

## 2. Have you ever personally:

- a) suffered from depression or burnout? \_\_\_\_\_
- b) tried to commit suicide? \_\_\_\_\_
- c) abused alcohol, drugs, tranquilizers, sleeping pills, etc.? \_\_\_\_\_
- d) experienced "highs" (excessive taste for spending, traveling, sexual adventures, insatiability)? \_\_\_\_\_
- e) been hospitalized or monitored by a psychiatry department, consulted psychologists or any other therapist? \_\_\_\_\_

## 3. When do you feel your mood swings?

\_\_\_\_\_ hours? \_\_\_\_\_ weeks? \_\_\_\_\_ months?  
 \_\_\_\_\_ years? \_\_\_\_\_ no precise frequency?

## CHECK THE APPROPRIATE COLUMN

(Note: In three columns "//" from No. 4 to No. 51.)

- |   | <b>Often</b> | <b>Sometimes</b> | <b>Never</b> |
|---|--------------|------------------|--------------|
| 4. Are you losing your friends, your jobs?  | _____        | _____            | _____        |
| 5. Do you feel you are messing up your family life because of your "ups" and "downs"? | _____        | _____            | _____        |

## IN YOUR "HIGHS"

- |  |       |       |       |
|--|-------|-------|-------|
| 6. Are you sometimes so excited that you cannot sleep for several days?  | _____ | _____ | _____ |
| 7. Are you trying to undertake too many things at once (physical activities, do sports excessively, voluntary work)? | _____ | _____ | _____ |
| 8. Do you think you are a genius speaking many languages?  | _____ | _____ | _____ |
| 9. Do you feel irresistible to the other sex, socially strong?   | _____ | _____ | _____ |

	<b>Often</b>	<b>Sometimes</b>	<b>Never</b>
<b>10.</b> Are you a hard-working person capable of working overtime without counting hours, a hyper-productive person?	_____	_____	_____
<b>11.</b> Do you feel your mind is racing?	_____	_____	_____
<b>12.</b> Are you getting involved in imprudent investments, crazy projects?	_____	_____	_____
<b>13.</b> Are you constantly looking for company?	_____	_____	_____
<b>14.</b> Do you feel like you are wearing out your friends?	_____	_____	_____
<b>15.</b> Are you criticized because you talk too much, too fast, gesticulate, drop everything you manipulate?	_____	_____	_____
<b>16.</b> When reading over documents you have written, do you find them incoherent?	_____	_____	_____
<b>17.</b> Have you ever engaged in actions with or without legal consequences (for example, shoplifting) that you afterwards found "crazy"?	_____	_____	_____
<b>18.</b> Do you think you have a particular mission or are invested with special powers?	_____	_____	_____
<b>19.</b> Do you sometimes think your colleagues are lazy?	_____	_____	_____
<b>20.</b> Do you sometimes think that people are secretly in love with you and devote your energy to it?	_____	_____	_____
<b>21.</b> Do you think you are smarter, more competent and more efficient than your colleagues are?	_____	_____	_____
<b>22.</b> Do you feel like people do not love you?	_____	_____	_____
<b>23.</b> Do you feel so irritable that even the slightest annoyance causes out-of-proportion anger, verbal and physical aggressiveness?	_____	_____	_____
<b>24.</b> Do you exceed your credit lines with compulsive purchases?	_____	_____	_____
<b>25.</b> When driving, are you reckless and impulsive?	_____	_____	_____
<b>26.</b> Are you at ease with risk and insecurity?	_____	_____	_____
<b>27.</b> Are you a gambler?	_____	_____	_____
<b>28.</b> Are you bothered by always seeing the same individuals at home, at work in the neighborhood?	_____	_____	_____

**Often**      **Sometimes**      **Never**

**29.**Do you want to move, change scenery, travel compulsively?

\_\_\_\_\_

**30.**In your sexual and affective life, are you having affairs just for the pleasure of pleasing, experience change, without thinking about the possible consequences?

\_\_\_\_\_

**31.**Do you feel like you are wearing out your spouse?

\_\_\_\_\_

**32.**Are you suffering from "constant calling" syndrome?

\_\_\_\_\_

**IN YOUR "LOWS"**

**33.**Are you so tired or completely exhausted that you wake up exhausted or spend the day in bed?

\_\_\_\_\_

**34.**Are you suffering from insomnia or hypersomnia?

\_\_\_\_\_

**35.**Is eating such a chore that you hide so no one notices you are not able to eat anything?

\_\_\_\_\_

**36.**Are you eating too much to ease your anxiety?

\_\_\_\_\_

**37.**Did you notice a loss or gain of weight?

\_\_\_\_\_

**38.**Do you think you have cancer or any other incurable disease that no one can diagnose, much less treat?

\_\_\_\_\_

**39.**Are you suffering from physical problems that come back periodically (chest pain, back pain, headache)?

\_\_\_\_\_

**40.**Are you suffering from anxiety or panic attacks?

\_\_\_\_\_

**41.**Do you feel uncomfortable in crowds, subways, elevators?

\_\_\_\_\_

**42.**Is making love becoming an impossible chore?

\_\_\_\_\_

**43.**Are you losing the strength and desire for daily actions such as washing yourself, brushing your teeth or getting dressed?

\_\_\_\_\_

**44.**Do you feel sad? Do you cry often?

\_\_\_\_\_

**45.**Do you feel irritable, impatient?

\_\_\_\_\_

**46.**Do you feel a loss of interest for any activity you previously enjoy?

\_\_\_\_\_

**47.**Do you feel totally incompetent and think you bore everyone?

**Often**      **Sometimes**      **Never**

- |  |       |       |       |
|--|-------|-------|-------|
| <b>48.</b> Do you mull over old mistakes that seem unforgivable?                                   | _____ | _____ | _____ |
| <b>49.</b> Have you seriously thought about suicide?   | _____ | _____ | _____ |
| <b>50.</b> Have you ever thought that death would be the only way to ease your indescribable pain? | _____ | _____ | _____ |
| <b>51.</b> Have you ever thought that your children or relatives would be better dead too?         | _____ | _____ | _____ |

**If you recognize yourself in many of these questions, you should discuss it with a general practitioner or a psychiatrist. Bipolar disorder can be efficiently treated.**