



Bipolar Disorder Assessment

If you have experienced bouts of depression, you know intimately how devastating these episodes can be. For some of us, however, periods of depression alternate with periods of manic episodes. A manic episode is often ignored or overlooked as a “break” in the depressive episode, because once the manic swing occurs, the depression recedes and you feel bursts of high energy and enthusiasm. However, these alternating periods of depression and mania often indicate the presence of a more serious and slightly less common disorder called Bipolar Disorder. When left untreated or improperly diagnosed or treated, bipolar disorder can have serious consequences. However, effective treatment is available, and many people who suffer from Bipolar Disorder go on to lead very productive and satisfying lives.

If you suspect you may be suffering from Bipolar Disorder, you can use the simple assessment below to determine the next best step for seeking professional help.

Instructions: Put a check mark by each item that matches the symptoms that you, your child, or your loved one experiences. When you have answered all of the questions, enter your name and email address to receive your confidential Bipolar Disorder Assessment report.

| | |
|---|---|
| | ✓ |
| 1. Has your need for sleep decreased? | |
| 2. Are you more talkative than usual or feel pressure to keep talking? | |
| 3. Do your thoughts race because of a flood of ideas or experiences? | |
| 4. Are you easily distracted? | |
| 5. Have you experienced an increase in goal-directed activities (at work, at school, or sexually) or psychomotor agitation? | |
| 6. Have you had excessive involvement in high-risk activities that have a high potential for painful consequences (i.e. buying spree, sexual indiscretions, or foolish business investments)? | |

| | |
|-----------------------------|--|
| My Name Is: | |
| My Email Address Is: | |

Look forward to your Bipolar Disorder Assessment report arriving in your inbox soon!

This confidential assessment tool is provided courtesy of the Southlake Center