

(Early) recognition of bipolar disorders

QUESTIONNAIRE FOR (EARLY) RECOGNITION

The following questionnaire is designed to help you detect possible signs of a bipolar disorder. If you answer some of these questions with "Yes", it does not however automatically mean that you have a bipolar disorder, but rather that it might be advisable to discuss your problems with a psychiatrist. Print this page and highlight your answers. Please discuss the results with your therapist.

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|-----------|--|--|--------------------------|
| 1. | Has there ever been a time in your life where you felt and acted differently than normal and in which... | | |
| | - your frame of mind was so good that people around you had the impression that you were different to normal, or in which you had difficulties with people around you due to your "good" frame of mind? | <input type="radio"/> Yes | <input type="radio"/> No |
| | - you felt so irritated that you shouted at people around you or became involved in arguments or physical violence? | <input type="radio"/> Yes | <input type="radio"/> No |
| | - you felt considerably more self-confident than normal? | <input type="radio"/> Yes | <input type="radio"/> No |
| | - your sleep requirements were lower? | <input type="radio"/> Yes | <input type="radio"/> No |
| | - you felt that your body belonged to you and that you were comfortable with it? | <input type="radio"/> Yes | <input type="radio"/> No |
| | - you felt a greater need to talk or speak more quickly than normal? | <input type="radio"/> Yes | <input type="radio"/> No |
| | - your thoughts started to race? | <input type="radio"/> Yes | <input type="radio"/> No |
| | - you became distracted from external events so easily that you were unable to concentrate? | <input type="radio"/> Yes | <input type="radio"/> No |
| | - you had a great deal more energy than normal and felt able to achieve more? | <input type="radio"/> Yes | <input type="radio"/> No |
| | - you performed considerably more activities than normal? | <input type="radio"/> Yes | <input type="radio"/> No |
| | - you were more social than normal or had fewer social inhibitions (e.g. phoning a friend in the middle of the night)? | <input type="radio"/> Yes | <input type="radio"/> No |
| | - you had more interest in sexual activity than normal? | <input type="radio"/> Yes | <input type="radio"/> No |
| | - you did things that were untypical for you, e.g. things where people around you said that you exaggerated or were reckless or risky? | <input type="radio"/> Yes | <input type="radio"/> No |
| | - you spent so much money that you placed yourself or your family in financial difficulties? | <input type="radio"/> Yes | <input type="radio"/> No |
| 2 | Did you answer more than one question with "Yes"? If so: Did some of the symptoms mentioned above occur within the same period of time? | <input type="radio"/> Yes | <input type="radio"/> No |
| 3 | How problematic do you rate the difficulties that have arisen for you as a result of these experiences and behavioural issues? For example, difficulties in the family, financial or legal problems, arguments or physical conflicts? | <input type="radio"/> Problematic <input type="radio"/> Not Problematic | |

If you evaluate your personal assessment as "problematic", we would like to suggest that you contact your family doctor or a neurologist or psychologist.