

Mania Assessment

Name: _____

Date: _____

The following list of symptoms will help us determine your level of mania. Please indicate the frequency of each listed symptom.

Symptom	Never	Seldom	Sometimes	Often	Always
I don't need much sleep.					
I can't stop talking or am talking more than usual.					
I have feelings of euphoria.					
My thoughts are moving quickly.					
My feelings change quickly.					
I feel more irritable than usual.					
I am more quickly angered than normal.					
The world seems to be moving in slow motion.					
I want more sex than normal.					
I have great ideas and plans.					
I am spending more money than usual.					
I am acting impulsively.					
I feel energized.					
I have strong or unusual religious thoughts.					
I feel happier than my circumstances warrant.					
I have moments when I "know it all".					
I have problems with concentration.					
I have poor judgment or have made bad decisions.					
I feel more self-confident than normal.					
I am bothered by strange thoughts.					
I have heard voices, seen things, or smelled things that other's didn't.					
I am unable to participate in my normal activities.					

This questionnaire is designed to help you and your therapist better understand your experiences. It is not designed for diagnosis. For a correct diagnosis, you must seek professional help from a licensed mental health professional.

Developed by Deborah Christensen Ph.D., M.S.C.P. (2009)