

Bipolar Assessment

This bipolar assessment (Goldberg Bipolar Screening Test) can help determine whether you might have the symptoms of bipolar disorder (Bipolar I or II). Use the results to decide if you need to see a doctor or other mental health professional to further discuss diagnosis and treatment of adult bipolar disorder.

Instructions: This bipolar assessment is designed to screen for the possibility of a disorder in the bipolar spectrum in individuals, 18 or older, who have had at least one depression severe enough to have caused them distress and/or interfered with their functioning at home, work, school or in their interpersonal relationships.

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
- Very much

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

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
- Very much

Scoring the Bipolar Test: score 1 to 6 for each answer and add up for a total score

- 15 or less (most likely suffering from Major Depression)
- 16-24 (may have Major Depression or Bipolar Disorder)
- 25+ (high probability of having a bipolar spectrum disorder)

No matter what your test score, if you have any concerns about your mental health, you should discuss them with your doctor.

Keep in mind, there are effective treatments for both depression and bipolar disorder. Please print out your bipolar disorder spectrum test and score and share it with your doctor or therapist.

Remember, this is NOT a diagnosis. Only a doctor or qualified mental health professional can make a diagnosis of bipolar disorder or major depression and recommend treatments.

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