

Bipolar Disorder Self-Assessment

Think about your typical patterns of mood, energy, sleep, and behavior, including whether you have experienced distinct periods that were noticeably different from your usual self.

Question	Not at all	Several days	More than half the days	Nearly every day
1. Have you had periods when you felt unusually happy, excited, or unusually irritable compared with your normal mood?				
2. During these periods, have you felt unusually energetic or needed much less sleep than usual without feeling tired?				
3. During these periods, have you talked much more than usual or felt that your thoughts were moving unusually quickly?				
4. During these periods, have you felt unusually confident, powerful, or capable of accomplishing many things at once?				
5. During these periods, have you taken on many projects, activities, or plans because you felt especially motivated or productive?				
6. During these periods, have you been more impulsive than usual, such as spending excessively, taking unusual risks, driving recklessly, or making other decisions you later regretted?				
7. Have you experienced periods of unusually high energy or activity that lasted several days or longer and were noticeably different from your usual self?				
8. Have you experienced significant periods of depression, including feeling persistently sad, hopeless, unmotivated, or losing interest in things you normally enjoy?				
9. Have your mood or energy shifts caused problems in your work, school, relationships, finances, or other areas of your life?				
10. Have other people commented that your mood, energy, behavior, or personality seemed noticeably different from your usual self?				
11. Have you experienced significant changes between periods of high energy or irritability and periods of depression?				

Important Disclaimer: This self-assessment provided by Mission Psychiatry is intended for informational and educational purposes only. It is not a diagnostic test and does not diagnose bipolar disorder or any other mental health condition. Your results are meant to serve as a helpful guide and starting point for discussion, not as an official diagnosis. Only a qualified healthcare professional can provide a diagnosis after a comprehensive evaluation.