

Goldberg Bipolar Spectrum Screening Questionnaire, a Screening Test for Bipolar Spectrum Disorders

The 12 items below refer to how you have felt and behaved over much of your life. Choose the appropriate button

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