



Juvenile
Bipolar
Research
Foundation

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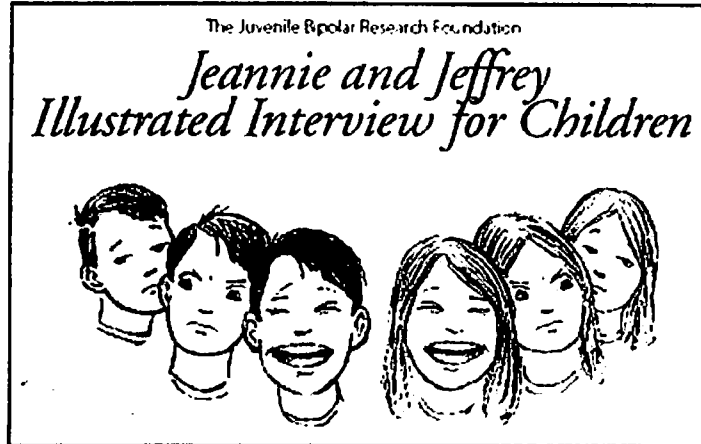
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Instructions for Parents:

We designed this interview especially for your child, because sometimes a child's internal thoughts and feelings can surprise even the closest observer. Please feel free to look through the interview – it contains questions paired with illustrations. The questions describe another child, Jeannie or Jeffrey, who is similar to your child in age and sex. Click on the Jeannie Interview if your child is a girl and on the Jeffrey Interview if your child is a boy. The illustrations show Jeannie or Jeffrey having different thoughts, feelings and behaviors. Your child might become particularly absorbed by the illustrations, because he or she might closely identify with Jeffrey or Jeannie. The questions ask your child how often he or she has thought, felt or behaved like Jeffrey or Jeannie. This design encourages your child to respond to questions without feeling self-conscious or judged. We ask you, therefore, to allow your children to answer the questions on their own, as much as you can. We understand that your children may need your assistance to use this interview. We ask that you provide the help that is needed without influencing their responses. The answers to The Jeannie/Jeffrey Interview should reflect your child's point of view, even if it is surprisingly different from your own! Let's go step by step through how you might assist a child who can read and one who can't.

If your child can read - Go over the "Instructions for Kids," below, with your child. Then look at the sample question together and let your child try clicking on an answer. Your child may understand the instructions well enough to complete the sample question easily, but if your child needs help, go over the instructions again. Try to stick as much as possible to the written instructions, but if you have to use your own words to explain how to click on the responses, please emphasize that there are no wrong answers to these questions. Please do not "remind" your child about behavior you have observed.

If your child does not know how to read or has difficulty reading - You will be much more involved in this case, and it will probably be harder not to have an influence. Just do the best you can. Read the "Instructions for Kids," below, to your child. Then read the caption under the sample picture slowly and neutrally - without emphasis on any particular words. Give your child a few moments to look at the picture and think. Then read the possible answers slowly and neutrally. Ask your child to pick an answer and then click on the answer. Do not respond verbally or non-verbally to your child's choice – even a positive response may have an influence on the rest of your child's answers. Your child may ask you how to answer a question. You may reply, "It's your decision. Only kids can answer the questions, and there are no wrong answers." You may repeat the captions and the answers as often as your child wishes, but keep a neutral tone in your voice. Please do not "remind" your child about behavior you have observed.

If you have any questions about how to help your child use the interview or any feedback about The Jeannie/Jeffrey Interview, please write to our Senior Research Associate, Melissa Cockerham, at Melissa@jbrf.org.



The Jeffrey Interview

Each question has 4 possible answers. Be sure you can see all 4 possible answers before answering each question

1. Jeffrey gets really cranky and angry at other people, even people he likes. How often do you feel like this?



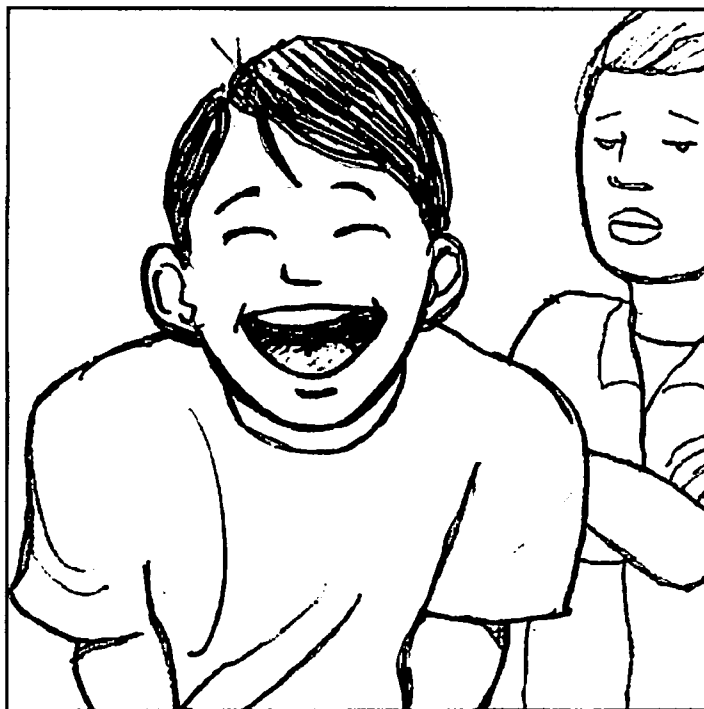
- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

2. Jeffrey has bursts of energy when he feels he can do a lot of things all at once without stopping? How often do you feel like this?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

3. Jeffrey is feeling kind of silly and giddy, and all he can think of is doing funny things that make him laugh. When Jeffrey feels silly like this, he can't stop laughing even if others tell him to stop. How often do you feel like this?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

4. Jeffrey thinks that he is smarter and stronger than his friends or feels he is a very special and important person. How often do you feel like this?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

Next



The Jeffrey Interview

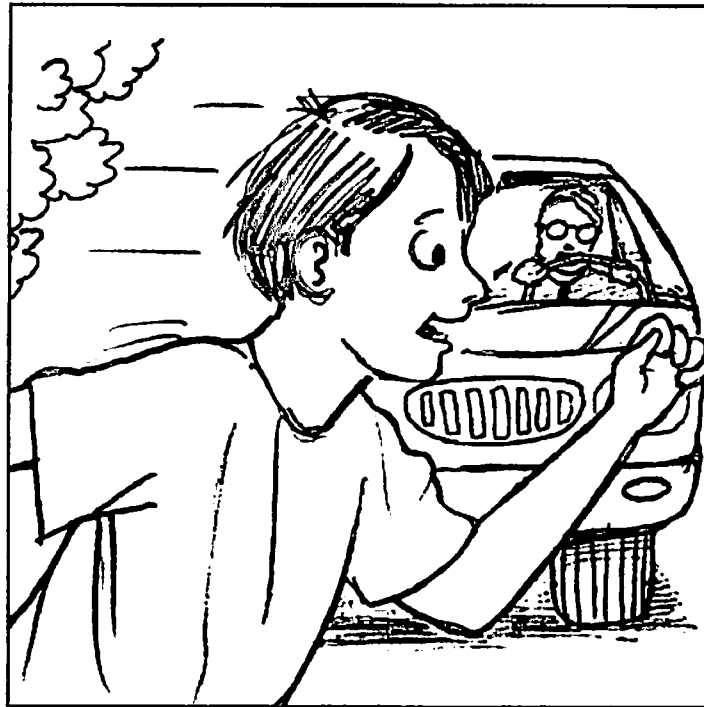
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5. Jeffrey gets so excited and has so many thoughts in his mind that he talks very fast and feels like he can't stop. How often do you talk really fast and can't stop?



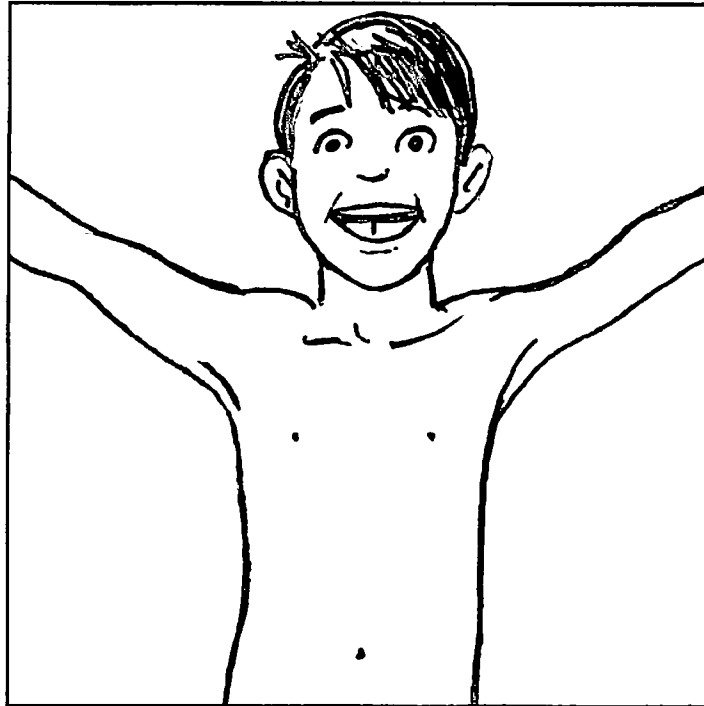
- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

6. Jeffrey does things other people think are scary, like climbing too high, jumping off high places, or running into the street without looking. How often do you do things like that?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

7. Jeffrey likes to take off his clothes and show off his body to others. How often do you feel like doing this?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

8. Jeffrey is in the classroom, and is trying to hear what the teacher is saying, but he keeps thinking about other things or having daydreams, and when he tunes back in, he has missed part of the lesson. How often does this happen to you?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

Next



The Jeffrey Interview

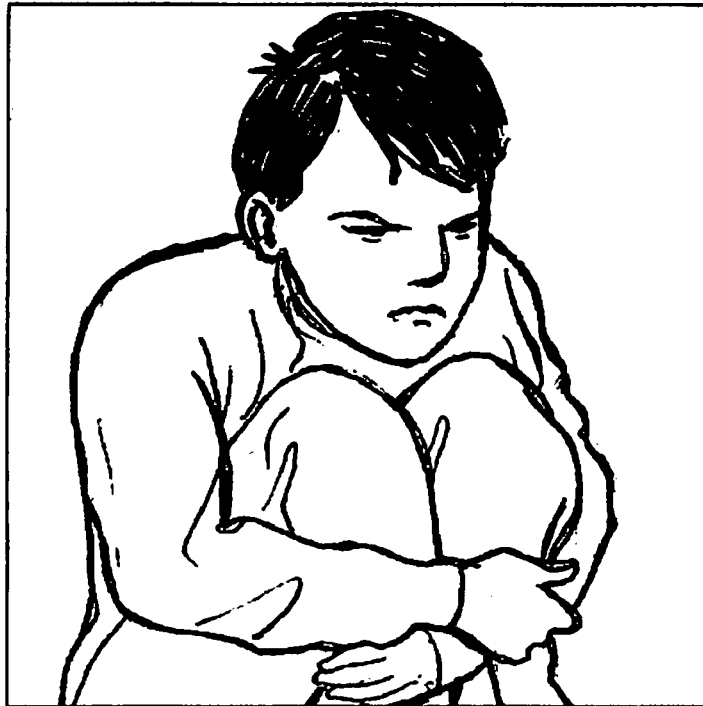
Each question has 4 possible answers. Be sure you can see all 4 possible answers before answering each question

9. Jeffrey has many thoughts that come into his head all at once, and they come so fast it feels like a bunch of bees buzzing in his mind. How often do you feel like this?



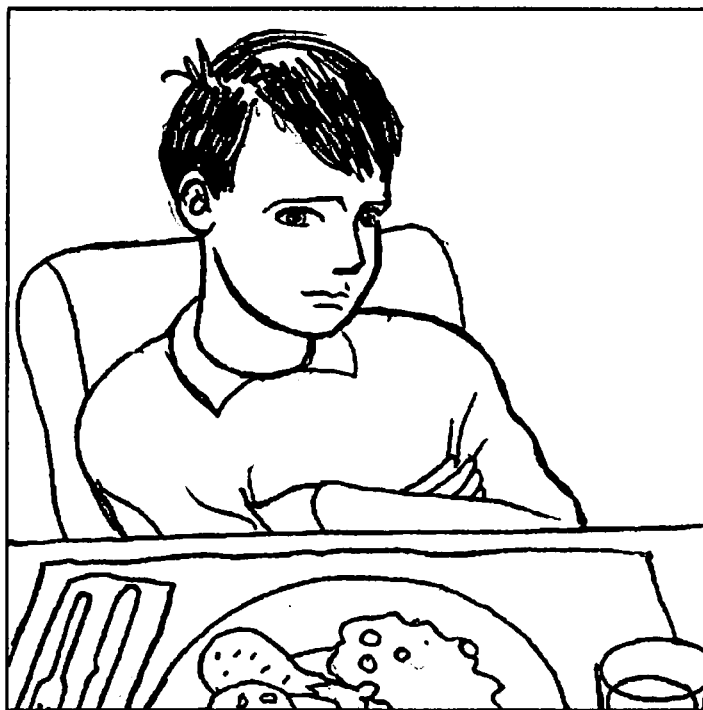
- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

10. Jeffrey is tired, and doesn't feel like doing much today, even with his friends. He just wants to be left alone. How often do you feel like this?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

11. Jeffrey didn't feel like eating at all today. He wasn't feeling hungry in the morning, in the afternoon, or at night. How often have you not felt like eating for the whole day?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

12. Jeffrey feels very bored and for some reason doesn't have much interest in things he usually likes to do. Nothing seems like it would be fun. How often do you feel like this?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

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The Jeffrey Interview

Each question has 4 possible answers. Be sure you can see all 4 possible answers before answering each question

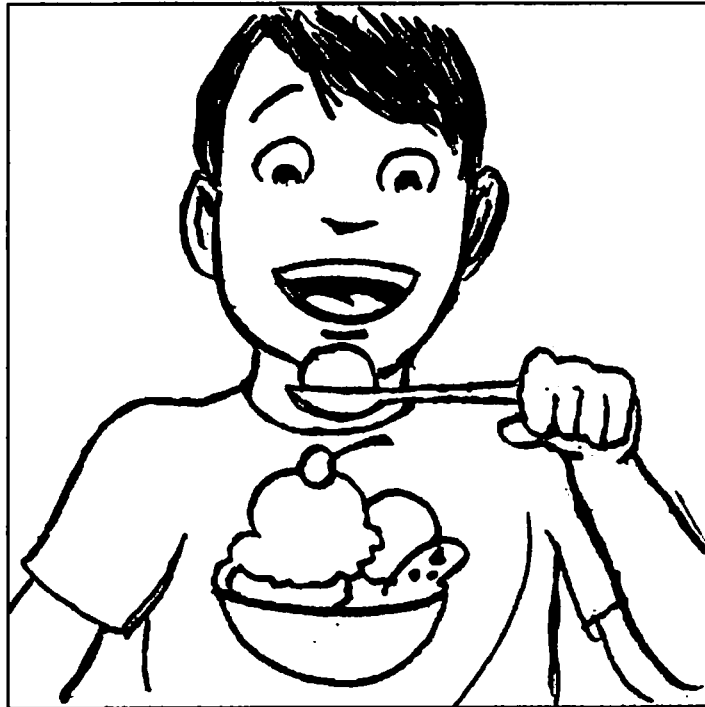
13. Jeffrey gets so bored that he just has to find something to do, even if it means bothering his mother or teasing his brother or sister. He butts into what they're doing so that he won't be so bored. How often do you try to get things going like this when you're bored?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

14. Sometimes Jeffrey can get really, really hungry for foods like sweets, breads, pasta, cookies, cakes, cheese, ice-cream, candies or potato chips, and then can't stop himself from

eating. How often do you feel like eating a lot of foods like these?



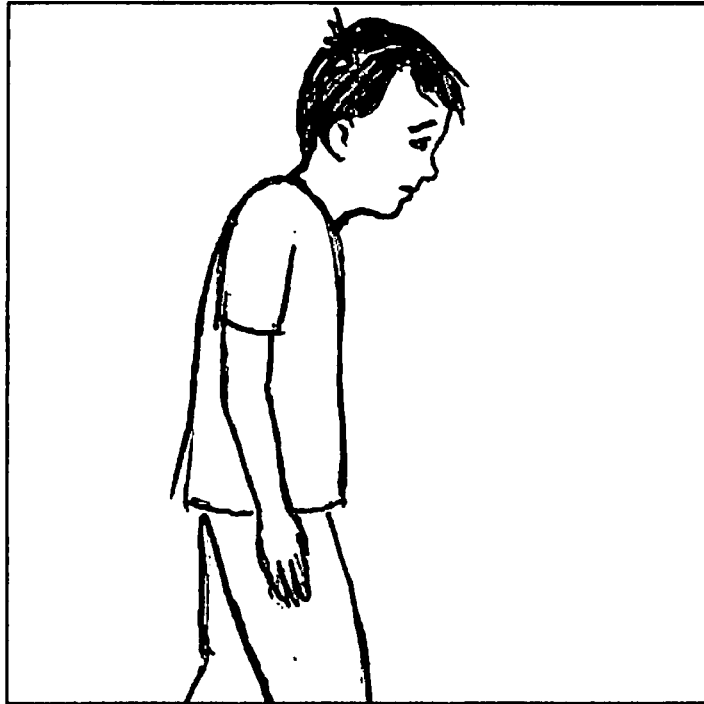
- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

15. When Jeffrey feels bad about himself, he feels that his parents don't love him. How often do you feel like nobody loves you?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

16. When Jeffrey feels sad or bored, it feels like it's hard to move or do very much. How often do you feel like this?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

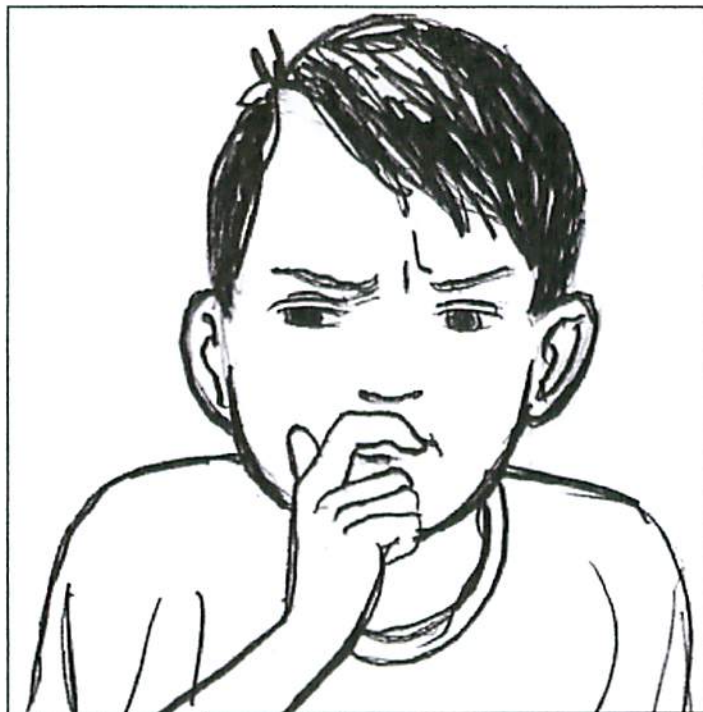
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The Jeffrey Interview

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17. When Jeffrey feels sad or bored, his thoughts slow down and he can't think too well. How often do you feel like this?



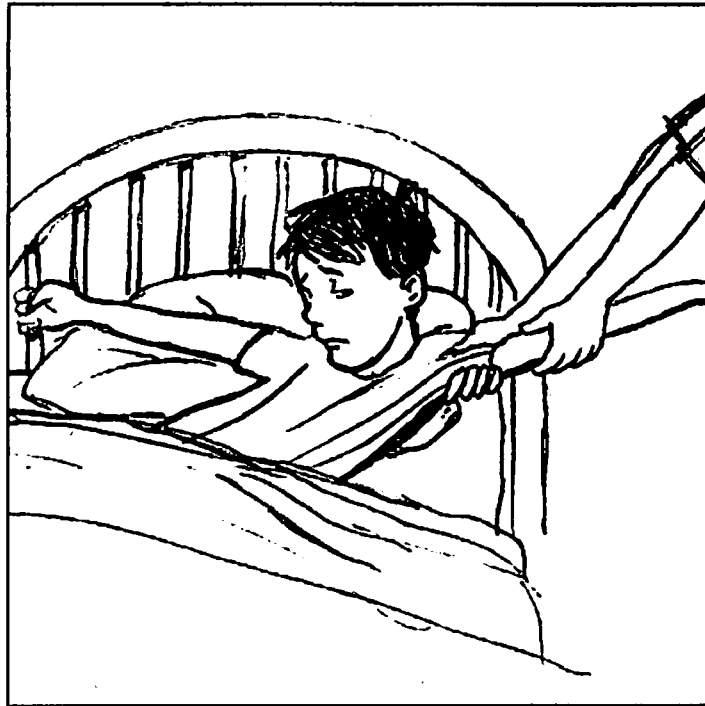
- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

18. When Jeffrey feels sad, he thinks about dying. He thinks about hurting or killing himself. How often do you think about things like that?



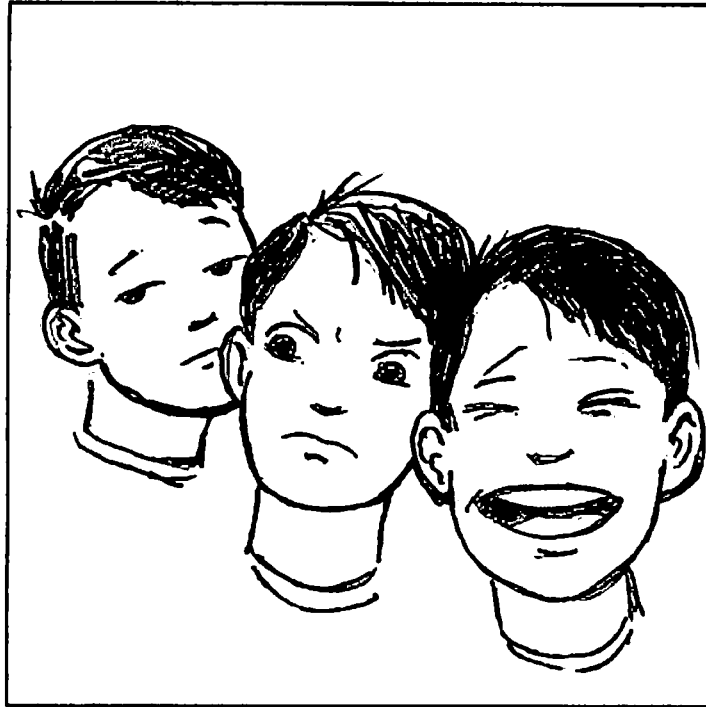
- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

19. When Jeffrey tries to wake up in the morning, he can feel so tired that his body just doesn't want to get moving, and when his mother tries to get him up, he just doesn't want to move. How often do you feel like this in the morning?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

20. After school, the way Jeffrey feels changes from being bored to cranky to really silly. When this happens, Jeffrey feels like he has a motor inside that's revving up really fast. How often do you feel like this in the afternoon or at night?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

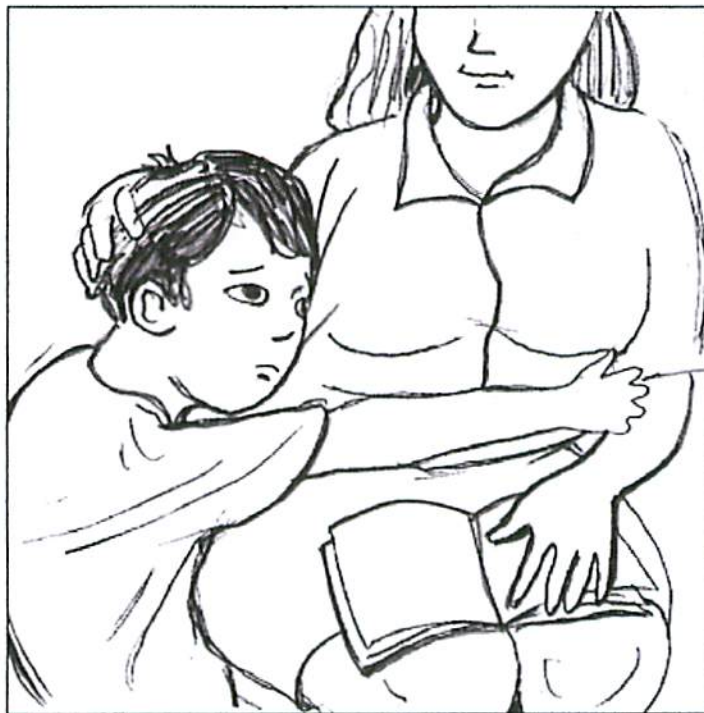
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The Jeffrey Interview

Each question has 4 possible answers. Be sure you can see all 4 possible answers before answering each question

25. Jeffrey gets really scared when he is apart from his mother and wants to stay really close to her. How often do you feel like this?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

26. When Jeffrey walks into class, he feels like everyone is looking at him and he gets nervous. How often do you feel like this?



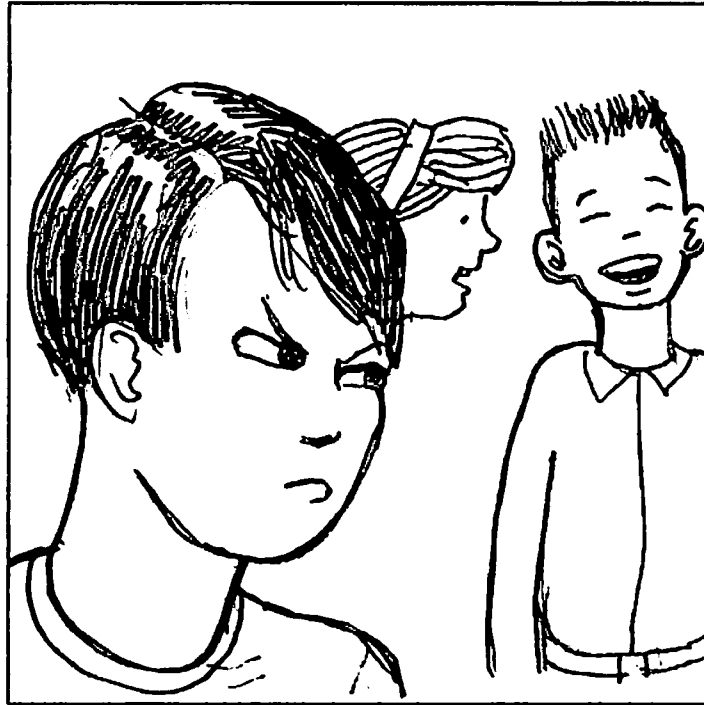
- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

27. Jeffrey feels like kids are saying mean things about him or making fun of him behind his back. How often do you feel like this?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

28. Jeffrey thinks that other kids are ganging up on him to make things hard for him. How often to you think things like that?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

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The Jeffrey Interview

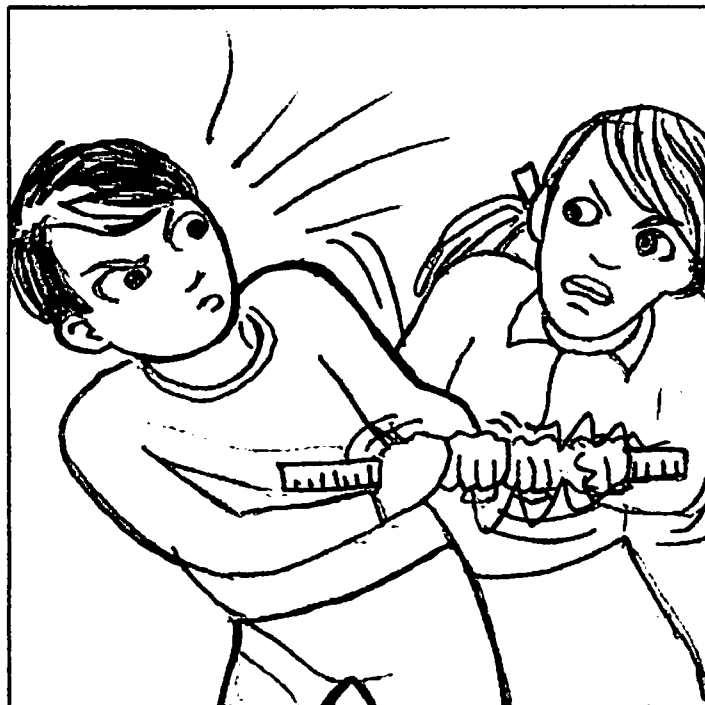
Each question has 4 possible answers. Be sure you can see all 4 possible answers before answering each question

29. When Jeffrey's mother tells him that he can't go somewhere that he wants to go, he gets really angry and upset. How often do you feel like this?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

30. There are times when Jeffrey wants something really badly, so much that he feels like he has to have it, no matter what he has to say or do to get it. How often do you feel like this?



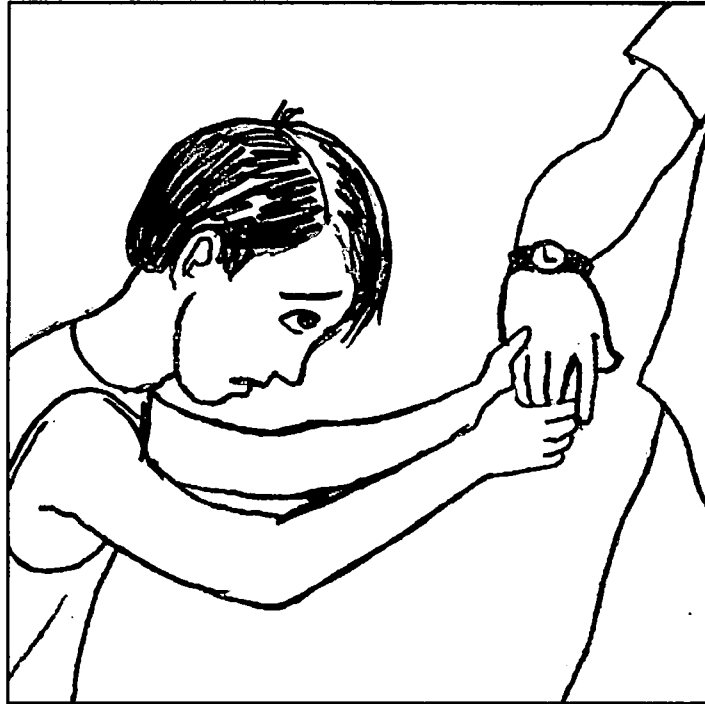
- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

31. When things don't go right, and Jeffrey's parents say no to something, or when they make him wait, Jeffrey gets really angry really fast and yells or curses. How often do you get angry and yell like this?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

32. After Jeffrey gets angry and blows off steam at someone, he feels really bad inside. How often do you feel like this?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

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The Jeffrey Interview

Each question has 4 possible answers. Be sure you can see all 4 possible answers before answering each question

33. There are times when Jeffrey feels his body get really, really hot, and he gets so hot, he feels like taking off his clothes. Sometimes this happens at night and he wakes up sweating. How often do you feel like this?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

34. Jeffrey hears a voice talking to him inside his mind. The voice sounds just like someone is speaking, but there's no one around. How often does this happen to you?



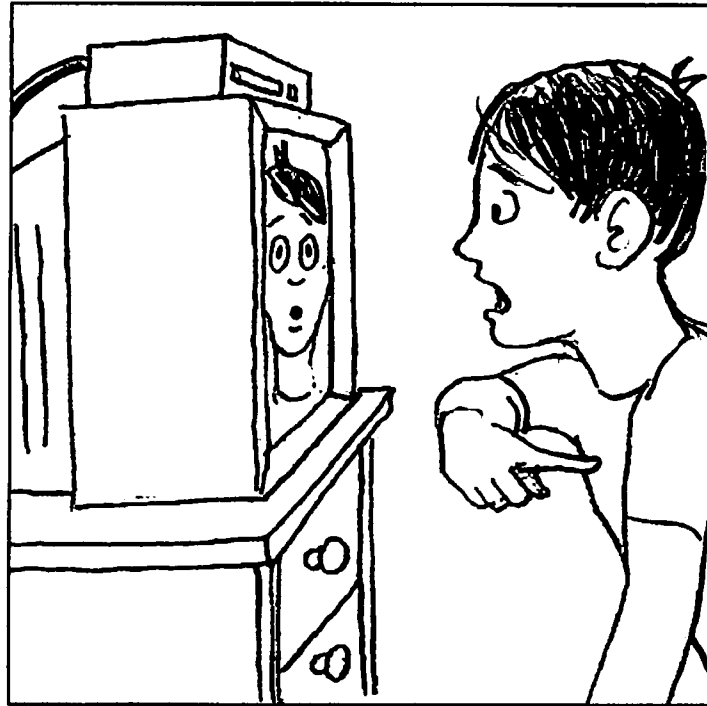
- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

35. At night, when he's lying in bed, Jeffrey sees things that scare him, like bugs or ghosts or monsters. How often do you see scary things like that?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

36. Jeffrey hears people talking about him on TV or on the radio. How often does this happen to you?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

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The Jeffrey Interview

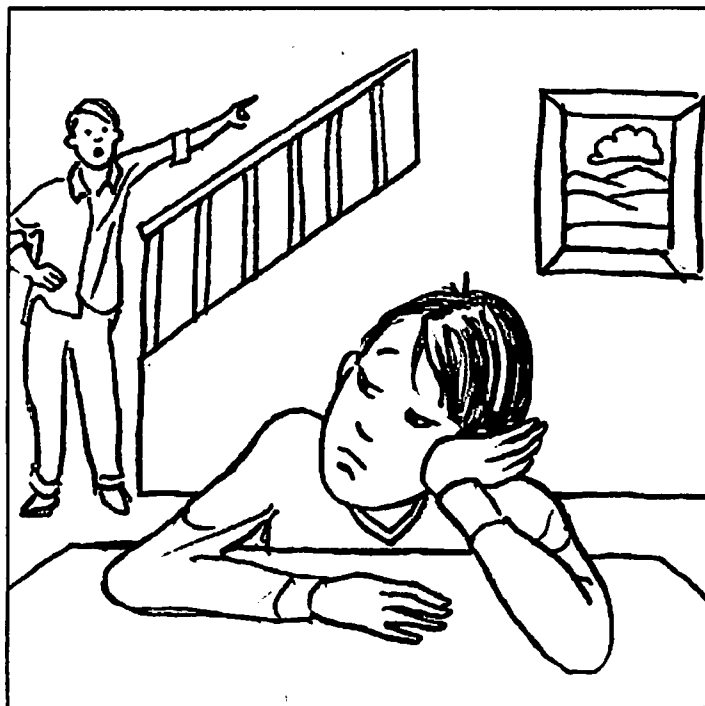
Each question has 4 possible answers. Be sure you can see all 4 possible answers before answering each question

37. Jeffrey gets upset or angry and maybe a little scared when somebody asks him to stop what he's doing and start something new. How often do you feel that way?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

38. It's very difficult for Jeffrey to get started on things, as if he's stuck and can't get going. How often do you feel like that when you have to get moving?



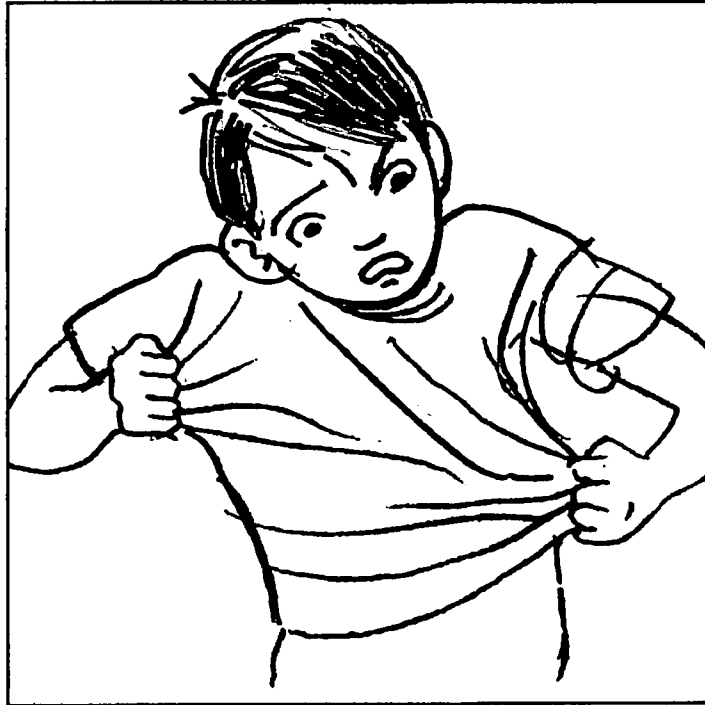
- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

39. Jeffrey hates loud noises. They make him feel scared and angry. How often do you feel like that?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

40. If Jeffrey's clothes or shoes don't fit just right or if they feel funny, he can't get comfortable. How often do you feel like that?



- Never or hardly ever
- Sometimes
- Often
- Very often or almost constantly

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