

Welcome to the Goldberg Mania Questionnaire, a Screening Test for Mania

The 18 items below refer to how you have felt and behaved during the past week. Choose the appropriate button.

1. My mind has never been sharper.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

2. I need less sleep than usual.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

3. I have so many plans and new ideas that it is hard for me to work.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

4. I feel a pressure to talk and talk.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

5. I have been particularly happy.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

6. I have been more active than usual.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

7. I talk so fast that people have a hard time keeping up with me.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

8. I have more new ideas than I can handle.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

9. I have been irritable.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

10. It's easy for me to think of jokes and funny stories.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

11. I have been feeling like "the life of the party".

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

12. I have been full of energy.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

13. I have been thinking about sex.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

14. I have been feeling particularly playful.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

15. I have special plans for the world.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

16. I have been spending too much money.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

17. My attention keeps jumping from one idea to another.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

18. I find it hard to slow down and stay in one place.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much