

MANIA QUESTIONNAIRE

Instructions: You might reproduce this scale and use it on a weekly basis to track your moods. It also might be used to show your doctor how your symptoms have changed from one visit to the next. Changes of five or more points are significant. This scale is not designed to make a diagnosis of mania or take the place of a professional diagnosis. If you suspect that you are manic, please consult with a mental health professional as soon as possible.

This questionnaire is to be used as directed by and as part of the evaluation process by the **Office of Howard S. Rudominer, MD, PA. A psychiatric diagnosis can only be made by a psychiatrist after a full psychiatric evaluation.**

The 18 items below refer to how you have felt and behaved **DURING THE PAST WEEK.** For each item, indicate the extent to which it is true, by checking the appropriate box next to the item.

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

4.1 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

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- 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 Me 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

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