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Goldberg Bipolar Screening Quiz

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Use this brief, time-saving questionnaire to help you determine if you may need to see a mental health professional for diagnosis and treatment of bipolar disorder.

Instructions: The items below refer to how you have felt and behaved over much of your life. If you have usually been one way, and have recently changed, your responses should reflect how you **have usually been**.

Bipolar Overview

Bipolar Quiz

Mania Quiz

General Symptoms of Bipolar

Major Depressive Episode

Hypomanic Episode

Manic Episode

Mixed Episode

Treatment Options

Recommended Books

Online Resources

Support Group

Help for Bipolar Disorder

Medications for Bipolar

Facts on Bipolar Disorder

Children and Adolescents

Research

DSM Codes for Bipolar

Disorder

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