

Mania Test

Name:	Date:			
Instructions				
Please read each statement carefully and indicate how often you have experienced the same or similar challenges in the past month by selecting one of the options: Never (0), Rarely (1), Sometimes (2), Often (3), or Always (4).				
1. Elevated mood ('High') or exaggerated optimism				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
2. Decreased need for sleep				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
3. Racing thoughts and flight of ideas				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
4. Frequency of impulsiveness				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
5. Increased goal-directed activity				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
6. Distractibility				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
7. Excessive involvement in pleasurable activities				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
8. Grandiosity or inflated self-esteem				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always

9. Irritability or agitation

Never Rarely Sometimes Often Always

10. Increased talkativeness

Never Rarely Sometimes Often Always

11. Poor judgment:

Never Rarely Sometimes Often Always

Total Score:

Scoring System

After completing the mania test, calculate your score by assigning points to each response as follows:

- **Never** = 0 points
- **Rarely** = 1 point
- **Sometimes** = 2 points
- **Often** = 3 points
- **Always** = 4 points

Your total score will range between 0 and 40 points, with a higher score indicating more symptoms of mania.

Disclaimer

This Mania Test is provided as a self-assessment tool and is not intended to diagnose, treat, cure, or prevent any disease or health condition. The results of this test should not be considered clinical advice or a substitute for professional healthcare consultation.