

# Mania Test

Name:	Date:			
<b>Instructions</b>				
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).				
<b>1. Elevated mood ('High') or exaggerated optimism</b>				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<b>2. Decreased need for sleep</b>				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<b>3. Racing thoughts and flight of ideas</b>				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<b>4. Frequency of impulsiveness</b>				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<b>5. Increased goal-directed activity</b>				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<b>6. Distractibility</b>				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<b>7. Excessive involvement in pleasurable activities</b>				
<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<b>8. Grandiosity or inflated self-esteem</b>				
<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.