

Teenage Bipolar Test

Name:	
Date of Birth:	Age:
Sex:	
Date of Test:	

Instructions:

Answer the following questions honestly based on your recent thoughts, feelings, and behaviors. There are no right or wrong answers. This test aims to identify potential signs of bipolar disorder in teenagers.

Section 1: Mood and Energy Levels

1. Over the past two weeks, have you experienced significant changes in your mood, such as extreme highs or lows?

- Not at all
- Occasionally
- Frequently

2. How would you describe your energy levels on most days?

- Consistently high
- Varied, with extreme highs and lows
- Mostly stable

3. Do you find it challenging to control impulsive behaviors or actions?

- Not at all
- Occasionally
- Frequently

Section 2: Sleep Patterns

4. How have your sleep patterns been recently?

- Difficulty falling asleep
- Frequent waking during the night
- Excessive sleep

5. Do you experience racing thoughts or a noticeable increase in goal-directed activities?

- Not at all
- Occasionally
- Frequently

6. Have you had trouble staying focused on tasks or activities?

- Not at all
- Occasionally
- Frequently

Section 3: Behavioral Changes

7. Have you noticed any significant changes in your behavior, such as impulsivity or risk-taking?

- No noticeable changes
- Occasional impulsivity
- Frequent impulsivity

8. Are you feeling an increased sense of self-importance or grandiosity?

- Not at all
- Occasionally
- Frequently

9. Do you find it difficult to complete tasks due to a lack of energy or motivation?

- Not at all
- Occasionally
- Frequently

Section 4: Social Interactions

10. Are you finding it challenging to engage in social interactions or participate in activities you once enjoyed?

- No difficulties
- Occasional challenges
- Frequent difficulties

11. Have others noticed changes in your speech patterns or the speed of your thoughts?

- Not at all
- Occasionally
- Frequently

12. Are you experiencing a decreased need for sleep without feeling fatigued?

- Not at all
- Occasionally
- Frequently

Total Score:

Scoring:

- Assign points based on your responses: 0, 1, 2, or 3.
- Add up your total points to interpret the results.

Interpretation:

- 0-7 points: Low likelihood of bipolar disorder.
- 8-15 points: Moderate likelihood, consider consulting a mental health professional.
- 16-24 points: High likelihood, seek professional assessment and support.