

I Want to Change My Life

Mental Health Information for Individuals, Families and Professionals

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Bipolar Disorder Test - Based on DSM Criteria

If you have had a period of unusually elevated mood or irritability lasting for at least 4 days, answer the following questions:	No (0)	Yes (1)
1. More self-confident: Did you feel on top of the world, or like you had all the answers? Did you have unwarranted optimism, and maybe started multiple new projects?		
2. Decreased need for sleep: Were you able to get by on just a few hours of sleep and still be full of energy the next day?		
3. More talkative: Did you talk faster or louder than normal? Did people comment on your talkativeness?		
4. More social: Were you more friendly to friends or strangers? Were you more flamboyant, maybe overly familiar, or flirtatious?		
5. More goal-oriented: Did you take on big projects, or clean your house more than usual, or have long exercise sessions?		
6. Distractible: Did you jump from one idea to another, or have difficulty concentrating? Did your conversation change rapidly from one topic to another? Did people say it was exhausting to keep up with you?		
7. Reckless behavior: Did you engage in reckless spending, driving, or relationships? Did you buy things you didn't need, or		

that you regretted later? Did you engage in risky sexual talk or behavior?

Your Score:

If you answered yes to three or more questions, you may be suffering from bipolar disorder.

No single test is completely accurate. You should always consult your physician when making decisions about your health.

Reference

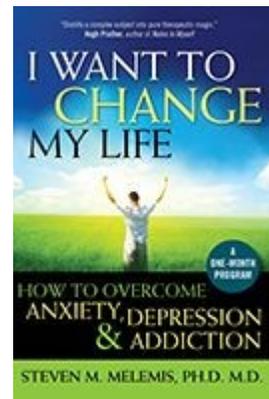
American Psychiatric Association, *DSM-5 The Diagnostic and Statistical Manual of Mental Disorders. 5 ed*, ed. D. Kupfer: American Psychiatric Association.

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Reference: "I Want to Change My Life" by Dr. S. Melemis.
www.IWantToChangeMyLife.org

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