General Behavior Inventory

General Behavior Inventory

This is the long form of the (revised) General Behaviour Inventory (GBI) developed by Depue et al. (1989). It has 73 items.

Name: _____ **Date:** _____ dd / mm / yyyy

Here are some questions about behaviors that occur in the general population. Think about how often they occur for you. Using the scale below, select the number that best describes how often you experienced these behaviors over the past year: (0) Never or hardly ever (1) Sometimes (2) Often (3) Very often or almost constantly

Have there been periods over the last year, when it was almost impossible to make small decisions, even though this may not be generally true of you?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you found your enjoyment in being with people changes -- from times when you enjoy them immensely and want to be with them all the time, to times when you do not want to see them at all?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you become sad, depressed, or irritable for several days or more without really understanding why?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you experienced periods of several days or more when, although you were feeling unusually happy and intensely energetic (clearly more than your usual self), you were also physically restless, unable to sit still, and had to keep moving or jumping from one activity to another?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been periods of several days or more when you felt that you needed more sleep, even though you slept longer at night or napped more during the day (not including times of exercise, physical illness, or heavy work schedules)?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have people said that you looked sad or lonely?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been periods of several days or more when you were almost constantly active such that others told you they couldn't keep up with you or that you wore them out?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been periods of several days or more when you could not keep your attention on any one thing for more than a few seconds, and your mind jumped rapidly from one thought to another or to things around you?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been periods lasting several days or more when you lost almost all interest in people close to you and spent long times by yourself?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you had periods of several days or more when food seemed rather flavorless, and you didn't enjoy eating at all?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been periods of several days or more when your friends or other family members told you that you seemed unusually happy or high – clearly different from your usual self or from a typical good mood?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been times when your memory or concentration seemed especially poor, and you found it difficult, for example, to read or follow a TV program, even though you tried?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been times when you lost almost all interest in the things that you usually like to do (such as hobbies, school, work, entertainment)?

○ 0 ○ 1 ○ 2 ○ 3

Have you had periods of sadness and depression when almost everything gets on your nerves and makes you irritable or angry (other than related to the menstrual cycle)?

○ 0 ○ 1 ○ 2 ○ 3

Have there been times of several days or more when you did not feel the need for sleep and were able to stay awake and alert for much longer than usual because you were full of energy?

○ 0 ○ 1 ○ 2 ○ 3

Have you had long periods in which you felt that you couldn't enjoy life as easily as other people?

○ 0 ○ 1 ○ 2 ○ 3

Have you had periods of several days or more when you wanted to be with people so much of the time that they asked you to leave them alone for a while?

○ 0 ○ 1 ○ 2 ○ 3

Have there been times of several days or more when you were so tired and worn out that it was very difficult or even impossible to do your normal everyday activities (not including times of intense exercise, physical illness, or heavy work schedules)?

○ 0 ○ 1 ○ 2 ○ 3

Has your mood or energy shifted rapidly back and forth from happy to sad or high to low?

○ 0 ○ 1 ○ 2 ○ 3

Have there been periods lasting several days or more when you spent much of your time brooding about unpleasant things that have happened?

○ 0 ○ 1 ○ 2 ○ 3

Have there been times when you felt that you were physically cut off from other people or from yourself, or felt as if you were in a dream, or felt that the world looked different or had changed in some way?

○ 0 ○ 1 ○ 2 ○ 3

Have you had periods of extreme happiness and intense energy lasting several days or more when you also felt much more anxious or tense (jittery, nervous, uptight) than usual (other than related to the menstrual cycle)?

○ 0 ○ 1 ○ 2 ○ 3

Have there been times of several days or more when you were so sad that it was quite painful for you, or you felt that you couldn't stand it?

○ 0 ○ 1 ○ 2 ○ 3

Have you found that your enjoyment in eating changes – from periods of two or more days when food tastes exceptionally good, clearly better than usual, to other periods of several days or more when food seems rather flavorless and perhaps you don't enjoy eating at all?

○ 0 ○ 1 ○ 2 ○ 3

Have there been several days or more when you have woken up much too early in the morning and had problems getting back to sleep?

○ 0 ○ 1 ○ 2 ○ 3

Have you had periods when you were so down that you found it hard to start talking or that talking took too much energy?

○ 0 ○ 1 ○ 2 ○ 3

Have there been times of several days or more when, although you were feeling unusually happy and intensely energetic (clearly more than your usual self), you also had to struggle very hard to control inner feelings of rage or an urge to smash or destroy things?

○ 0 ○ 1 ○ 2 ○ 3

Have there been periods other than when you were physically ill that you had more than one of the following: (a) headaches or feelings of tightness, pressure, or "wooziness" in your head; (b) dizziness; (c) constipation or diarrhea; (d) aches and pains; (e) nausea, vomiting, or stomach aches; (f) blurred vision; (g) trembling or shaking hands; or (h) feeling too hot or too cold?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you experienced periods of several days or more when were feeling down and depressed, and you also were physically restless, unable to sit still, and had to keep moving or jumping from one activity to another?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been times lasting several days or more when you felt you must have lots of excitement, and you actually did a lot of new or different things?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you had periods of extreme happiness and intense energy (clearly more than your usual self) when, for several days or more, it took you over an hour to get to sleep at night?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Over the past year, have there been times when you looked back over your life and could see only failures or hardships?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you experienced times of several days or more when you felt as if you were moving in slow motion?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been long periods over the last year when you felt sad, depressed, or irritable most of the time?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Has it seemed that you experience both pleasurable and painful emotions more intensely than other people?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been periods of several days or more when you felt guilty and thought you deserved to be punished for something you had or had not done?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you had times of several days or more when you woke up frequently or had trouble staying asleep during the middle of the night?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you had periods of extreme happiness and high energy lasting several days or more when what you saw, heard, smelled, tasted, or touched seemed vivid or intense?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been times when you were feeling low and depressed, and you also had to struggle very hard to control inner feelings of rage or an urge to smash or destroy things?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you found that your feelings or energy are generally up or down but rarely in the middle?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you had periods of several days or more when it was difficult or almost impossible to think ,and your mind felt sluggish, stagnant, or "dead"?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been times when you had a strong urge to do something mischievous, destructive, risky, or shocking?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been periods of several days or more when your thinking was so clear and quick that it was much better than most other people's?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been times when you exploded at others and afterward felt bad about yourself?

○ 0 ○ 1 ○ 2 ○ 3

Over the past year, have there been times of several days or more when you were so down that nothing (not even friends or good news) could cheer you up?

○ 0 ○ 1 ○ 2 ○ 3

Have there been times of several days or more when you felt that you were a very important person or that your abilities or talents were better than most other people's?

○ 0 ○ 1 ○ 2 ○ 3

Have there been times when you hated yourself or felt that you were stupid, ugly, unlovable, or useless?

○ 0 ○ 1 ○ 2 ○ 3

Have you found that your thinking changes greatly – that there are periods of several days or more when you think better than most people and other periods when your mind doesn't work well at all?

○ 0 ○ 1 ○ 2 ○ 3

Have there been times of a day or more when you had no feelings or emotions and seemed cut off from other people?

○ 0 ○ 1 ○ 2 ○ 3

Have you had sad and depressed periods lasting several days or more when you also felt much more anxious or tense (jittery, nervous, uptight) than usual (other than related to the menstrual cycle)?

○ 0 ○ 1 ○ 2 ○ 3

Have there been times when you have done things – like perhaps driving recklessly, taking a trip on the spur of the moment, creating a public disturbance, being more sexually active than usual, getting into fights, destroying property, or getting into trouble with the law – which you later thought showed poor judgment?

○ 0 ○ 1 ○ 2 ○ 3

Have you had periods of sadness and depression when, for several days or more, it took you over an hour to get to sleep at night, even though you were very tired?

○ 0 ○ 1 ○ 2 ○ 3

Have you had periods lasting several days or more when you felt depressed or irritable and then other periods of several days or more when you felt extremely high, elated, and overflowing with energy?

○ 0 ○ 1 ○ 2 ○ 3

Have there been periods when, although you were feeling unusually happy and intensely energetic, almost everything got on your nerves and made you irritable or angry (other than related to the menstrual cycle?)

○ 0 ○ 1 ○ 2 ○ 3

Have there been times when upsetting or bad thoughts kept going through your mind and you couldn't stop them?

○ 0 ○ 1 ○ 2 ○ 3

Have there been times of several days or more when you really got down on yourself and felt worthless?

○ 0 ○ 1 ○ 2 ○ 3

Have there been times when you had blank spells in which your activities were interrupted, and you did not know what was going on around you?

○ 0 ○ 1 ○ 2 ○ 3

Have you had sad and depressed periods of several days or more, interrupted by periods lasting between an hour to a day when you felt extremely happy and intensely energetic?

○ 0 ○ 1 ○ 2 ○ 3

Have there been periods of several days or more when you were slowed down and couldn't move as quickly as usual?

○ 0 ○ 1 ○ 2 ○ 3

Have you experienced weight changes (increases, decreases, or both) of five (5) pounds or more in short periods of time (three weeks or less), not including changes due to physical illness, menstruation, exercise, or dieting?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been periods of a couple of days or more when your sexual feelings and thoughts were almost constant, and you couldn't think about anything else?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you had periods when it seemed that the future was hopeless and things could not improve?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been periods lasting several days or more when you were so down in the dumps that you thought you might never snap out of it?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you had times when your thoughts and ideas came so fast that you couldn't get them all out, or they came so quickly that others complained that they couldn't keep up with your ideas?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been times of several days or more when you felt very down and depressed during the early part of the day but then less so during the evening?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been times when you began many new activities with lots of enthusiasm and then found yourself quickly losing interest in them?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you found that your mood consistently follows the seasons, where you have long periods of depression during the winter but mostly happy periods during the summer?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you had long periods when you were down and depressed, interrupted by brief periods when your mood was normal or slightly happy?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been times of several days or more when you have struggled to control an urge to cry, have had frequent crying spells, or found yourself crying without really understanding why (other than related to the menstrual cycle)?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been times of several days or more when almost all sexual interest was lost?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you found yourself at times feeling fearful or suspicious of your environment or people around you?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been periods of time when you felt a persistent sense of gloom?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have there been times when you felt that you would be better off dead?

◯ 0 ◯ 1 ◯ 2 ◯ 3

Have you had (or do you still have) a life-threatening or very serious chronic medical illness (including a physical handicap) in the past year?*

◯ Yes ◯ No

Have you had any hormonal or endocrine problems or taken hormones as a treatment any time in the last five (5) years (not including birth control pills)?*

◯ Yes ◯ No

Has a close relative of yours died or experienced a life-threatening illness in the past three months?*

- ◯ Yes
- ◯ No