

Mania Test

Name: _____ Date: _____ dd / mm / yyyy

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:

- ☐ Never (0)
- ☐ Rarely (1)
- ☐ Sometimes (2)
- ☐ Often (3)
- ☐ Always (4)

2. Decreased need for sleep:

- ☐ Never (0)
- ☐ Rarely (1)
- ☐ Sometimes (2)
- ☐ Often (3)
- ☐ Always (4)

3. Racing thoughts and flight of ideas:

- ☐ Never (0)
- ☐ Rarely (1)
- ☐ Sometimes (2)
- ☐ Often (3)
- ☐ Always (4)

4. Frequency of impulsiveness:

- ☐ Never (0)
- ☐ Rarely (1)
- ☐ Sometimes (2)
- ☐ Often (3)
- ☐ Always (4)

5. Increased goal-directed activity:

- ☐ Never (0)
- ☐ Rarely (1)
- ☐ Sometimes (2)
- ☐ Often (3)
- ☐ Always (4)

6. Distractibility:

- ☐ Never (0)
- ☐ Rarely (1)
- ☐ Sometimes (2)
- ☐ Often (3)
- ☐ Always (4)

7. Excessive involvement in pleasurable activities:

- ☐ Never (0)
- ☐ Rarely (1)
- ☐ Sometimes (2)
- ☐ Often (3)
- ☐ Always (4)

8. Grandiosity or inflated self-esteem:

- ☐ Never (0)
- ☐ Rarely (1)
- ☐ Sometimes (2)
- ☐ Often (3)
- ☐ Always (4)

9. Irritability or agitation:

- ☐ Never (0)
- ☐ Rarely (1)
- ☐ Sometimes (2)
- ☐ Often (3)
- ☐ Always (4)

10. Increased talkativeness:

- ☐ Never (0)
- ☐ Rarely (1)
- ☐ Sometimes (2)
- ☐ Often (3)
- ☐ Always (4)

11. Poor judgment:

- ☐ Never (0)
- ☐ Rarely (1)
- ☐ Sometimes (2)
- ☐ Often (3)
- ☐ Always (4)

Total Score: _____

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.