

Teenage Bipolar Test

Name: _____ Date of Birth: _____ dd / mm / yyyy

Age: _____ Sex: _____

Date of Test: _____ dd / mm / yyyy

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

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

☐ Not at all ☐ Occasionally ☐ Frequently

How would you describe your energy levels on most days?

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

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

☐ Not at all ☐ Occasionally ☐ Frequently

SECTION 2: SLEEP PATTERNS

How have your sleep patterns been recently?

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

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

☐ Not at all ☐ Occasionally ☐ Frequently

Have you had trouble staying focused on tasks or activities?

☐ Not at all ☐ Occasionally ☐ Frequently

SECTION 3: BEHAVIORAL CHANGES

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

☐ No noticeable changes ☐ Occasional impulsivity ☐ Frequent impulsivity

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

☐ Not at all ☐ Occasionally ☐ Frequently

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

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

☐ No difficulties ☐ Occasional challenges ☐ Frequent difficulties

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

☐ Not at all ☐ Occasionally ☐ Frequently

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

☐ Not at all ☐ Occasionally ☐ Frequently

Total Score: _____

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