



BIPOLAR DEPRESSION

Do you experience *episodes of excessive energy*? Have you also experienced *fatigue and depression*? Are you experiencing *bipolar depression*?

Take the test.

The following is a short assessment of a mood disorder called bipolar depression. It will help you determine if you have ever experienced the symptoms of mania that are common to this disorder. Do you recall a time when you were not yourself and . . .

- You felt so good or so hyper that other people thought you were not your normal self, or you were so hyper that you got into trouble.
- You were so irritable that you shouted at people or started fights or arguments.
- You felt much more self-confident than usual.
- You got much less sleep than usual and found you didn't really miss it.
- You were much more talkative or spoke much faster than usual.
- Thoughts raced through your head or you couldn't slow your mind down.
- You were so easily distracted by things around you that you had trouble concentrating or staying on track.
- You had much more energy than usual.
- You were much more active or did many more things than usual.
- You were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night.
- You were much more interested in sex than usual.
- You did things that were unusual for you or that other people might have thought were excessive, foolish or risky.
- Spending money got you, or your family into trouble.

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Score your results

*** If you checked 7 or more** of these statements, and if these behaviors have caused moderate to serious problems in your life (work, family, money or legal troubles,) you should share the results with your physician or with a mental health professional.

There are several kinds of depression and a number of different causes. Your physician can do an assessment to determine if various medical conditions are contributing to your symptoms, and can prescribe medication if necessary. A mental health professional can help you address the emotional, relational and/or environmental components that may be contributing factors.