

Hypomania Test

Name:		Age:		Date:	
Gender:	Male	Female	Other:		

Instructions: Try to remember a period when you were in a “high” state. How did you feel then? Please answer all these statements independently of your present condition.

In such a state...

1. I need less sleep.	2. I feel more energetic and more active.	3. I am more self-confident
<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. I enjoy my work more	5. I am more sociable (make more phone calls, go out more)	6. I want to travel and/or do travel more.
<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. I tend to drive faster or take more risks when driving.	8. I spend more money/too much money.	9. I take more risks in my daily life (in my work and/or other activities).
<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
10. I am physically more active (sport etc.)	11. I plan more activities or projects.	12. I have more ideas, I am more creative.
<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
13. I am less shy or inhibited.	14. I wear more colorful and more extravagant clothes/make-up.	15. I want to meet or actually do meet more people.
<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

<p>16. I am more interested in sex, and/or have increased sexual desire.</p>	<p>17. I am more flirtatious and/or am more sexually active.</p>	<p>18. I talk more.</p>
<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>19. I think faster.</p>	<p>20. I make more jokes or puns when I am talking.</p>	<p>21. I am more easily distracted.</p>
<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>22. I engage in lots of new things.</p>	<p>23. My thoughts jump from topic to topic.</p>	<p>24. I do things more quickly and/or more easily.</p>
<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>25. I am more impatient and/or get irritable more easily.</p>	<p>26. I can be exhausting or irritating for others.</p>	<p>27. I get into more quarrels.</p>
<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>28. My mood is higher, more optimistic.</p>	<p>29. I drink more coffee.</p>	<p>30. I smoke more cigarettes.</p>
<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>31. I drink more alcohol.</p>	<p>32. I take more drugs (sedatives, anxiolytics, stimulants...)</p>	
<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	

Adapted from:

Angst, J., Adolfsson, R., Benazzi, F., Gamma, A., Hantouche, E., Meyer, T. D., Skeppar, P., Vieta, E., & Scott, J. (2005). The HCL-32: Towards a self-assessment tool for hypomanic symptoms in outpatients. *Journal of Affective Disorders, 88*(2), 217–233. <https://doi.org/10.1016/j.jad.2005.05.011>