

# Hypomania Test

<b>Name:</b>		<b>Age:</b>		<b>Date:</b>	
<b>Gender:</b>	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...

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

<p><b>16. I am more interested in sex, and/or have increased sexual desire.</b></p>	<p><b>17. I am more flirtatious and/or am more sexually active.</b></p>	<p><b>18. I talk more.</b></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><b>19. I think faster.</b></p>	<p><b>20. I make more jokes or puns when I am talking.</b></p>	<p><b>21. I am more easily distracted.</b></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><b>22. I engage in lots of new things.</b></p>	<p><b>23. My thoughts jump from topic to topic.</b></p>	<p><b>24. I do things more quickly and/or more easily.</b></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><b>25. I am more impatient and/or get irritable more easily.</b></p>	<p><b>26. I can be exhausting or irritating for others.</b></p>	<p><b>27. I get into more quarrels.</b></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><b>28. My mood is higher, more optimistic.</b></p>	<p><b>29. I drink more coffee.</b></p>	<p><b>30. I smoke more cigarettes.</b></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><b>31. I drink more alcohol.</b></p>	<p><b>32. I take more drugs (sedatives, anxiolytics, stimulants...)</b></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>