

# The Goldberg Bipolar Spectrum Screening Quiz

To take the questionnaire, please click the button next to the selection which best reflects how each statement applies to you. The items refer to how you have felt and behaved over much of your life. If you have usually felt one way, and have recently changed, your responses should reflect how you have *usually* felt.

1. At times I am much more talkative or speak much faster than usual.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

2. There have been times when I was much more active or did many more things than usual.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

3. I get into moods where I feel very speeded up or irritable.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

4. There have been times when I have felt both high (elated) and low (depressed) at the same time.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

5. At times I have been much more interested in sex than usual.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

6. My self-confidence ranges from great self-doubt to equally great overconfidence.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

7. There have been GREAT variations in the quantity or quality of my work.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

8. For no apparent reason I sometimes have been VERY angry or hostile.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

9. I have periods of mental dullness and other periods of very creative thinking.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

10. At times I am greatly interested in being with people and at other times I just want to be left alone with my thoughts.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

11. I have had periods of great optimism and other periods of equally great pessimism.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

12. I have had periods of tearfulness and crying and other times when I laugh and joke excessively.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

Clear Form

**Scoring:**

- 0 points Not at all
- 1 point Just a little
- 2 points Somewhat
- 3 points Moderately
- 4 points Quite a lot
- 5 points Very much

Roughly speaking, the higher the score, the higher probability of a bipolar spectrum disorder, as opposed to major (unipolar) depression. Remember, this quiz *assumes* that you have already experienced a depressive episode.

Screening test scoring ranges:

- 0-15 Major/unipolar depression
- 16-24 [Major Depression](#) or a Disorder in the Bipolar Spectrum
- 25 or Above, Bipolar Spectrum