

NAME of friend or relative _____

DATE _____

YOUR NAME and relationship _____

The following questions may help determine which medication is appropriate for your friend or relative. Circle yes or no, as you go.

❶ Has there ever been a period of time when you noticed they were not their usual self and... (throughout whole life)

...they seemed to feel so good or so hyper that you thought they weren't their normal self, or they were so hyper they got into trouble?	YES	NO
...they were so irritable that they shouted at people or started fights or arguments?	YES	NO
...they acted much more self-confident than usual?	YES	NO
...they got much less sleep than usual and seemed to not really miss it?	YES	NO
...they were much more talkative or spoke faster than usual?	YES	NO
...they had many ideas at once or their thoughts raced from topic to topic?	YES	NO
...they were so easily distracted by things around them that you had trouble following their train of thought?	YES	NO
...they seemed to have much more energy than usual?	YES	NO
...they were much more active or did many more things than usual?	YES	NO
...they were much more social or outgoing than usual; for example, telephoning friends in the middle of the night?	YES	NO
...they were much more interested in sex than usual?	YES	NO
...they did things that were unusual for them or that you thought were excessive, foolish, or risky?	YES	NO
...they spent money to the point that it got them or their family into trouble?	YES	NO

❷ If you checked YES to more than one of the above, have several of these ever happened during the *same period of time*?

YES	NO
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❸ How much of a *problem* did any of these cause— like being unable to work; having family, money, or legal troubles; getting into arguments or fights?

NO PROBLEM MINOR PROBLEM MODERATE PROBLEM SERIOUS PROBLEM

Adapted by Chris Aiken, MD, from: Hirschfeld RM, Williams JB, Spitzer RL, Calabrese JR, Flynn L, Keck PE Jr, Lewis L, McElroy SL, Post RM, Rappport DJ, Russell JM, Sachs GS, Zajecka J. American Journal of Psychiatry 2000 Nov;157(11):1873-5.