Instructions: Please read through the entire passage below before filling in any blanks.

Some individuals notice that their mood and/or energy levels shift drastically from time to time □. These individuals notice that, at times, their mood and/or energy level is very low, and at other times, very high □. During their “low” phases, these individuals often feel a lack of energy; a need to stay in bed or get extra sleep; and little or no motivation to do things they need to do □. They often put on weight during these periods □. During their low phases, these individuals often feel “blue”, sad all the time, or depressed □. Sometimes, during these low phases, they feel hopeless or even suicidal □. Their ability to function at work or socially is impaired □. Typically, these low phases last for a few weeks, but sometimes they last only a few days □.

Individuals with this type of pattern may experience a period of “normal” mood in between mood swings, during which their mood and energy level feels “right” and their ability to function is not disturbed □. They may then notice a marked shift or “switch” in the way they feel □. Their energy increases above what is normal for them, and they often get many things done they would not ordinarily be able to do □. Sometimes, during these “high” periods, these individuals feel as if they have too much energy or feel “hyper” □. Some individuals, during these high periods, may feel irritable, “on edge”, or aggressive □. Some individuals, during these high periods, take on too many activities at once □. During these high periods, some individuals may spend money in ways that cause them trouble □. They may be more talkative, outgoing, or sexual during these periods □. Sometimes, their behavior during these high periods seems strange or annoying to others □. Sometimes, these individuals get into difficulty with co-workers or the police, during these high periods □. Sometimes, they increase their alcohol or non-prescription drug use during these high periods □.

Now that you have read this passage, please check one of the following four boxes (consider their whole life when you answer, including recent times):

□ This story fits my friend or relative very well, or almost perfectly 6
□ This story fits my friend or relative fairly well 4
□ This story fits my friend or relative to some degree, but not in most respect 2
□ This story does not really describe my friend or relative at all 0

Now please go back and put a check after each sentence that definitely describes your friend or relative.