Bipolar Disorder Self-Test

Is it possible that I have symptoms of Bipolar Disorder?

Question	Yes	No
1. Have you ever experienced a period of elevated mood in which you felt out of control?	_____	_____
2. Have you ever experienced periods of feeling grandiose?	_____	_____
3. Have you or are you experiencing a decreased need for sleep, yet feel energized?	_____	_____
4. Do you ever find yourself talking rapidly as if pressured to speak?	_____	_____
5. Have you ever experienced an elevated mood followed by a period of depressed mood?	_____	_____
6. Have you ever found yourself behaving impulsively?	_____	_____
7. Do you find yourself experiencing cycles of elevated mood and lowered mood?	_____	_____

Although this, or no self-test, is conclusive, if you answered YES to the majority of the above questions, you may be suffering from a bipolar disorder and should contact an iTherapyRX counselor or another health care professional.