

HCL32_R

ID _____

Date ____ / ____ / ____
m m d d y y

At different times in their life everyone experiences changes or swings in energy, activity and mood (“highs and lows” or “ups and downs”). The aim of this questionnaire is to assess the characteristics of the “high” periods.

1) First of all, how are you feeling today compared to your usual state:

(please circle only ONE or the following)

- 1 – Much worse than usual
- 2 – Worse than usual
- 3 – A little worse than usual
- 4 – Neither better nor worse than usual
- 5 – A little better than usual
- 6 – Better than usual
- 7 – Much better than usual

2) How are you usually compared to other people?

Independently of how you feel today, please tell us how you are normally compared to other people, by the marking which of the following statements describes you best.

Compared to other people my level of activity, energy and mood....

- 1 - ... is always rather stable and even
- 2 - ... is generally higher
- 3 - ... is generally lower
- 4 - ... repeatedly shows periods of ups and downs

3) Please 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:

a. I need less sleep	Yes	No
b. I feel more energetic and more active	Yes	No
c. I am more self-confident	Yes	No
d. I enjoy my work more	Yes	No
e. I am more sociable (make more phone calls, go out more)	Yes	No
f. I want to travel and/or do travel more	Yes	No

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g. I tend to drive faster or take more risks when driving	Yes	No
h. I spend more money/too much money	Yes	No
i. I take more risks in my daily life (in my work and/or other activities)	Yes	No
j. I am physically more active (sport etc.)	Yes	No
k. I plan more activities or projects	Yes	No
l. I have more ideas, I am more creative	Yes	No
m. I am less shy or inhibited	Yes	No
n. I wear more colorful and more extravagant clothes/make-up	Yes	No
o. I want to meet or actually do meet more people	Yes	No
p. I am more interested in sex, and/or have increased sexual desire	Yes	No
q. I am more flirtatious and/or am more sexually active	Yes	No
r. I talk more	Yes	No
s. I think faster	Yes	No
t. I make more jokes or puns when I am talking	Yes	No
u. I am more easily distracted	Yes	No
v. I engage in lots of new things.	Yes	No
w. My thoughts jump from topic to topic	Yes	No
x. I do things more quickly and/or more easily	Yes	No
y. I am more impatient and/or get irritable more easily	Yes	No
z. I can be exhausting or irritating for others	Yes	No
aa. I get into more quarrels	Yes	No
bb. My mood is higher, more optimistic	Yes	No
cc. I drink more coffee	Yes	No
dd. I smoke more cigarettes	Yes	No
ee. I drink more alcohol	Yes	No
ff. I take more drugs (sedatives, anxiolytics, stimulants....)	Yes	No

4) Did the questions above, which characterize a “high”, describe how you are...

(Please mark only ONE of the following)

I never experienced such a “high” _____ if you check here, please stop (0).

...sometimes ? _____ if you check here, please answer all questions 5 to 9 (1)

...most of the time? _____ if you check here, please answer only questions 5 and 6 (2)

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5) Impact of your "highs" on various aspects of your life:

	Positive and Negative	Positive	Negative	No Impact
Family Life	3	2	1	0
Social Life	3	2	1	0
Work	3	2	1	0
Leisure	3	2	1	0

6) Other people's reactions and comments to your "highs".

How did people close to you react to or comment on your "highs" ?

(Please mark ONE of the following)

4- Positively (encouraging or supportive)

3 - Neutral

2 - Negatively (concerned, annoyed, irritated, critical)

1 - Positively and negatively

0 - No reactions

6A) Were you taking antidepressant medication(s) at the time(s) of your high(s)?

YES NO

7) Length of your "highs" as a rule (on the average):

___ 1 day (1)

___ longer than 1 week (4)

___ 2-3 days (2)

___ longer than 1 month (5)

___ 4-7 days (3)

___ I can't judge/don't know (6)

8) Have you experienced such "highs" in the past twelve months?

YES NO

9) If yes, please estimate how many days you spent in "highs" during the past twelve months:

Taking all together about ____ days