



## **MOOD DISORDERS ASSOCIATION OF MANITOBA INC.**

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### **MANIA CHECKLIST**

Source: Goldberg Mania Inventory by Ivan Goldberg

*Use this brief, time-saving questionnaire to help determine if you need to see a mental health professional for diagnosis and treatment of mania or bipolar disorder, or for tracking your mania on a regular basis.*

**Instructions:** You might reproduce this scale and use it on a weekly basis to track your moods. It also might be used to show your doctor how your symptoms have changed from one visit to the next. This checklist is not designed to take the place of a professional diagnosis. If you suspect that you are manic, please consult with a mental health professional as soon as possible.

The items below refer to how you have felt and behaved **during the past week**. For each item, indicate the extent to which it is true, by checking the appropriate box next to the item.

- 1.) My mind has never been sharper.
  - Not at all
  - Just a little
  - Somewhat
  - Moderate
  - Quite a lot
  - Very much
  
- 2.) I need less sleep than usual.
  - Not at all
  - Just a little
  - Somewhat
  - Moderate
  - Quite a lot
  - Very much
  
- 3.) I have so many plans and new ideas that it is hard for me to work.
  - Not at all
  - Just a little
  - Somewhat
  - Moderate
  - Quite a lot
  - Very much

4.) I feel a pressure to talk and talk.

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

5.) I have been particularly happy.

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

6.) I have been more active than usual.

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

7.) I talk so fast that people have a hard time keeping up with me.

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

8.) I have more new ideas than I can handle.

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

9.) I have been irritable.

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

10.) It's easy for me to think of jokes and funny stories.

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

11.) I have been feeling like 'the life of the party.'

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

12.) I have been full of energy.

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

13.) I have been thinking about sex.

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

14.) I have been feeling particularly playful.

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

15.) I have special plans for the world.

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

16.) I have been spending too much money.

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

17.) My attention keeps jumping from one idea to another.

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

18.) I find it hard to slow down and stay in one place.

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