

# The Bipolar Depression Quiz

Feel as though you're on an emotional roller coaster? Take this quiz to find out whether Bipolar Depression may be affecting your life.

1. Do you suffer from extreme mood changes (e.g. going from extremely "happy" to extremely "sad")?
  - Yes
  - Sometimes
  - No
  
2. Has anyone in your family ever been diagnosed with bipolar disorder?
  - Yes
  - Sometimes
  - No
  
3. Do you go through intervals where you feel any of the following: (Check all that apply.)
  - Little to no interest in activities that you normally enjoy (e.g. sex, going out with friends, etc.)
  - Feelings of sadness or numbness
  - Extreme fatigue or lethargy
  - Feelings of worthlessness or guilt
  - Inability to concentrate, make decisions, or remember things
  - Back pain, headache, or indigestion
  - Difficulty sleeping or oversleeping
  - Thoughts about death and suicide
  - Excessive crying for no apparent reason
  - Appetite changes accompanied by weight gain or loss
  
4. Have you ever experienced any of the following for a period of at least a week? (Check all that apply.)
  - Feelings of euphoria or of being "on top of the world"
  - Extreme irritability
  - Inability to focus
  - Excessive risk-taking (e.g. alcohol, drugs)
  - Extremely impulsive behavior (e.g. wild spending sprees, staying out all night, etc.)
  - Increased energy
  - Jumping from one activity or thought to the next
  - Increased sex drive
  - Decreased need for sleep