

## Bipolar symptom inventory

An abnormal and persistently elevated mood or extreme irritability accompanied by the following:

1. Overly-inflated self-esteem
2. Decreased need for sleep
3. Increased talkativeness
4. Racing thoughts
5. Distractibility
6. Increased working, shopping, planning
7. Physical restlessness or hyperactivity
8. Excessive involvement in risky behaviors or activities
9. Inability to recognize this change in thinking, feeling and behaving as abnormal

DVR, 9/2002