

Section S Rapidly changing mood / Going abnormally high (Parent version)

S1 Rapidly changing mood

Some children (young people) have a fairly steady mood, while other children's (young people's) mood swings up and down a lot, with marked or rapid changes. For example, they may swing from being very cheerful to being very sad or angry, and then perhaps swing back again the other way just as quickly.

Does [Name] have marked or rapid mood changes?

No	A little	A lot
0	1	2
↓	}	
S4	S2	

S2 Are his/her mood changes generally:

- a) **rapid?** – switching mood within a few minutes
- b) **marked?** – e.g. going from very sad to very cheerful
- c) **unpredictable?** – happening with little or nothing to trigger the changes off
- d) **frequent?** – many times a day

No	Yes
0	1
0	1
0	1
0	1

S3 When [Name] is in a strong mood (e.g. very happy, very angry, very sad), does this strong mood typically last:

Minutes	Hours	Most of the day, or longer
0	1	2

S4 Going abnormally high

Some children (young people) have episodes of going abnormally high. During these episodes they can be unusually cheerful, full of energy, speeded up, talking fast, doing a lot, joking around, and needing less sleep. These episodes stand out because the child (young person) is different from their normal self.

Does [Name] ever go abnormally high?

No	A little	A lot
0	1	2
↓	}	
Finished	S5	

S5 The next questions ask you to compare how [Name] is when s/he is high with how s/he is normally

When s/he is high, is s/he?

- a) More cheerful than usual
- b) Talking faster than normal
- c) More active than normal
- d) Getting things done faster than usual
- e) Noisier than usual
- f) More likely to spend any money that s/he has as soon as s/he gets it
- g) Able to sleep less than usual without being tired the next day
- h) Restless, unable to keep still
- i) Over-sexed in his/her talk or behaviour
- j) Constantly changing plans or activities
- k) Full of energy
- l) More likely to start conversations with strangers
- m) More excitable than usual
- n) Less concerned if s/he gets into trouble
- o) More likely to invade other people's personal space
- p) Over-confident, thinking too highly of himself/herself
- q) More likely to take serious risks
- r) Joking and laughing more than usual
- s) More outgoing, chatty and sociable than usual
- t) More irritable, with more angry outbursts (which may lead to arguments or fights)
- u) More easily distracted by things going on around him/her
- v) Less able to stop himself/herself from doing things s/he enjoys but knows s/he shouldn't do
- w) Less able to concentrate
- x) Too bossy with other people
- y) Less concerned about his/her appearance (clothes, hair etc)
- z) Hard to follow when s/he is talking because s/he jumps so rapidly from topic to topic

No	A little	A lot
0	1	2
0	1	2
0	1	2
0	1	2
0	1	2
0	1	2
0	1	2
0	1	2
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0	1	2
0	1	2
0	1	2
0	1	2

If any part of S5 is answered "A lot", then continue with S6. Otherwise, this is the end.

S6 Sometimes children (young people) go so high that things get seriously out of control.

During one of his/her episodes of going high, has s/he ever?

- a) Seen things that aren't really there
- b) Heard sounds or voices that aren't really there
- c) Believed s/he had special powers
- d) Done things s/he seriously regretted once the episode was over

No	Yes
0	1
0	1
0	1
0	1

S7 How long does one of [Name]'s episodes of going high typically last?

Less than an hour	Less than a day	1-3 days	4-6 days	One week or more
0	1	2	3	4

S8 Does s/he sometimes seem high and low at almost the same time?

No	Yes
0	1

S9 Has [Name] gone high during the last 4 weeks?

No	Yes
0	1
↓	↓
S11	S10

S10 During the last 4 weeks, was the longest episode of going high ...

Less than 4 days	4-6 days	One week or more
0	1	2

S11	Have his/her episodes of going high interfered with ...	Not at all	A little	A medium amount	A great deal
a)	how well s/he gets on with you and the rest of the family?	0	1	2	3
b)	making and keeping friends?	0	1	2	3
c)	learning or class work?	0	1	2	3
d)	playing, hobbies, sports or other leisure activities?	0	1	2	3

S12	Have the episodes of going high put a burden on you or the family as a whole?	Not at all	A little	A medium amount	A great deal
		0	1	2	3

M2S: Open-ended comments

M2S1) Please describe what [Name] is like during an episode when s/he goes high.

M2S2) How often do these episodes happen?

M2S3) How long were the shortest and longest episodes s/he has ever had?

M2S4) How severe are the episodes at their worst?

M2S5) How old was s/he when s/he first started having them?

M2S6) Do his/her episodes of going high interfere with his/her quality of life? If so, how?

M2S7) Have you tried to do anything about his/her highs? If so, please describe what you've tried to do, any help that you have had, and whether this has made a difference.