

Section S Rapidly changing mood / Going abnormally high (Self-report version)

S1 Rapidly changing mood

Some young people have a fairly steady mood, while other 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.

Do you have marked or rapid mood changes?

No	A little	A lot
0	1	2
↓	}	
S4	S2	

S2 Are your 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 you are 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 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 young person is different from their normal self.

Do you ever go abnormally high?

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

S5 The next questions ask you to compare how you are when you are high with how you are normally

When you are high, are you?

	No	A little	A lot
a) More cheerful than usual	0	1	2
b) Talking faster than normal	0	1	2
c) More active than normal	0	1	2
d) Getting things done faster than usual	0	1	2
e) Noisier than usual	0	1	2
f) More likely to spend any money that you have as soon as you get it	0	1	2
g) Able to sleep less than usual without being tired the next day	0	1	2
h) Restless, unable to keep still	0	1	2
i) Over-sexed in your talk or behaviour	0	1	2
j) Constantly changing plans or activities	0	1	2
k) Full of energy	0	1	2
l) More likely to start conversations with strangers	0	1	2
m) More excitable than usual	0	1	2
n) Less concerned if you get into trouble	0	1	2
o) More likely to invade other people’s personal space	0	1	2
p) Over-confident, thinking too highly of yourself	0	1	2
q) More likely to take serious risks	0	1	2
r) Joking and laughing more than usual	0	1	2
s) More outgoing, chatty and sociable than usual	0	1	2
t) More irritable, with more angry outbursts (which may lead to arguments or fights)	0	1	2
u) More easily distracted by things going on around you	0	1	2
v) Less able to stop yourself from doing things you enjoy but know you shouldn’t do	0	1	2
w) Less able to concentrate	0	1	2
x) Too bossy with other people	0	1	2
y) Less concerned about your appearance (clothes, hair etc)	0	1	2
z) Hard to follow when you are talking because you jump so rapidly from topic to topic	0	1	2

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

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

During one of your episodes of going high, have you ever?

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

No	Yes
0	1
0	1
0	1
0	1

S7 How long does one of your 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 Do you sometimes seem high and low at almost the same time?

No	Yes
0	1

S9 Have you 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 your episodes of going high interfered with ...	Not at all	A little	A medium amount	A great deal
a)	how well you get on with 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 made it harder for those around you (family, friends, teachers, etc.)?	Not at all	A little	A medium amount	A great deal
		0	1	2	3

M2S: Open-ended comments

M2S1) Please describe what you are like during an episode when you go high.

M2S2) How often do these episodes happen?

M2S3) How long were the shortest and longest episodes you have ever had?

M2S4) How severe are the episodes at their worst?

M2S5) How old were you when you first started having them?

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

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