

## Is Your Child Bipolar?

There is no standard test for bipolar disorder, but this checklist, adapted from The Bipolar Child, by Dr. Dimitri Papolos, may help you recognize some warning signs. Place a check next to each behavior your child currently exhibits or has exhibited in the past. If you mark more than 20 boxes, you should have your child evaluated by a professional.

1. Is excessively distressed when separated from family
2. Exhibits excessive anxiety or worry
3. Has difficulty arising in the a.m.
4. Is hyperactive and excitable in the p.m.
5. Sleeps fitfully or has difficulty getting to sleep
6. Has night terrors or frequently wakes in the middle of the night
7. Is unable to concentrate at school
8. Has poor handwriting
9. Has difficulty organizing tasks
10. Has difficulty making transitions
11. Complains of being bored
12. Has many ideas at once
13. Is very intuitive or very creative
14. Is easily distracted by extraneous stimuli
15. Has periods of excessive, rapid speech
16. Is willful and refuses to be subordinated
17. Displays periods of extreme hyperactivity
18. Displays abrupt, rapid mood swings
19. Has irritable mood states
20. Has elated or silly, giddy mood states
21. Has exaggerated ideas about self or abilities
22. Exhibits inappropriate sexual behavior
23. Feels easily criticized or rejected
24. Has decreased initiative
25. Has periods of low energy or withdraws or isolates self
26. Has periods of self-doubt and poor self-esteem
27. Is intolerant of delays
28. Relentlessly pursues own needs
29. Argues with adults or bosses other
30. Defies or refuses to comply with rules
31. Blames others for his or her mistakes
32. Is easily angered when people set limits
33. Lies to avoid consequences of actions
34. Has protracted, explosive temper tantrums or rages
35. Has destroyed property intentionally
36. Curses viciously in anger
37. Makes moderate threats against others or self
38. Has made clear threats of suicide
39. Is fascinated with blood and gore
40. Has seen or heard hallucinations

For more information, visit The Bipolar Child website at [www.bipolarchild.com](http://www.bipolarchild.com)