

**Hypomania/mania symptom checklist (HCL-32, Angst et al 2005)**

1. I need less sleep
2. I feel more energetic and more active
3. I am more self-confident
4. I enjoy my work more
5. I am more sociable (make more phone calls, go out more)
6. I want to travel and/or do travel more
7. I tend to drive faster or take more risks when driving
8. I spend more money/too much money
9. I take more risks in my daily life (in my work and/or other activities)
10. I am physically more active (sport etc.)
11. I plan more activities or projects.
12. I have more ideas, I am more creative
13. I am less shy or inhibited
14. I wear more colourful and more extravagant clothes/make-up
15. I want to meet or actually do meet more people
16. I am more interested in sex, and/or have increased sexual desire
17. I am more flirtatious and/or am more sexually active
18. I talk more
19. I think faster
20. I make more jokes or puns when I am talking
21. I am more easily distracted
22. I engage in lots of new things
23. My thoughts jump from topic to topic
24. I do things more quickly and/or more easily
25. I am more impatient and/or get irritable more easily
26. I can be exhausting or irritating for others
27. I get into more quarrels
28. My mood is higher, more optimistic
29. I drink more coffee
30. I smoke more cigarettes
31. I drink more alcohol
32. I take more drugs (sedatives, anti-anxiety pills, stimulants)