

Mathers Clinic Goldberg's Mania Scale

Name: _____ Date: ____/____/____

Directions: Cross out the answer that best describes your attitude for each question. Use the ratings below:

0 = Not At All 1 = Just A Little 2 = Somewhat 3 = Moderately 4 = Quite A Lot 5 = Very Much

Goldberg's Mania Scale	Not At All	Just A Little	Somewhat	Moderately	Quite A Lot	Very Much
1. My mind has never been sharper.	0	1	2	3	4	5
2. I need less sleep than usual.	0	1	2	3	4	5
3. I have so many plans and new ideas that it is hard for me to work.	0	1	2	3	4	5
4. I feel a pressure to talk and talk.	0	1	2	3	4	5
5. I have been particularly happy.	0	1	2	3	4	5
6. I have been more active than usual.	0	1	2	3	4	5
7. I talk so fast that people have a hard time keeping up with me.	0	1	2	3	4	5
8. I have more new ideas than I can handle.	0	1	2	3	4	5
9. I have been irritable.	0	1	2	3	4	5
10. It's easy for me to think of jokes and funny stories.	0	1	2	3	4	5
11. I have been feeling like "the life of the party."	0	1	2	3	4	5
12. I have been full of energy.	0	1	2	3	4	5
13. I have been thinking about sex.	0	1	2	3	4	5
14. I have been feeling particularly playful.	0	1	2	3	4	5
15. I have special plans for the world.	0	1	2	3	4	5
16. I have been spending too much money.	0	1	2	3	4	5
17. My attention keeps jumping from one idea to another.	0	1	2	3	4	5
18. I find it hard to slow down and stay in one place.	0	1	2	3	4	5

Comments: _____

Medication: _____

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