YOUR ANSWERS. YOUR PERSPECTIVE.

Bipolar

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 22 / 22 | 4 PROFILE AREAS

1

Unusual activation

You describe extended periods with unusually many projects, a faster pace or greater confidence. The answers do not distinguish these changes from other possible reasons for increased activity.

2

Sleep and daily rhythm

You describe less sleep or unusual activity times during active periods. This does not establish whether less sleep was genuinely needed or other circumstances changed the rhythm. Some responses differ substantially from this direction.

3

Individual responses matter

Sleep and daily rhythm: Scored responses range from 2 to 5/5 (items 10 & 11).

Your first small step

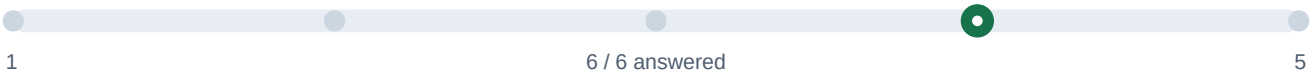
What change in sleep or daily rhythm do you remember, and what external circumstances were present at the same time?

02 / YOUR REPORT

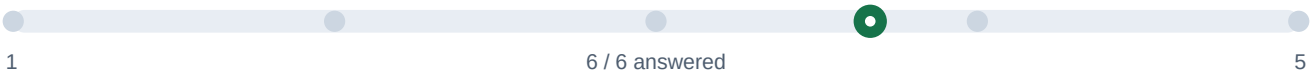
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

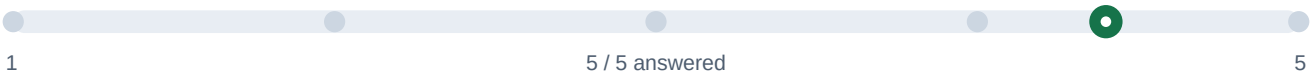
Unusual activation — **4.0 / 5**



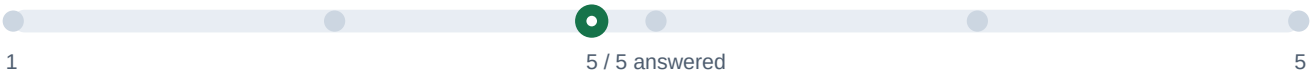
Sleep and daily rhythm — **3.7 / 5**



Periods of reduced energy — **4.4 / 5**



Changes in daily life — **2.8 / 5**



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

The report separates reported changes in activity, sleep, drive and daily life. It cannot establish whether they form related episodes or indicate bipolar disorder.

Your result in words

Unusual activation: You describe extended periods with unusually many projects, a faster pace or greater confidence. The answers do not distinguish these changes from other possible reasons for increased activity.

Sleep and daily rhythm: You describe less sleep or unusual activity times during active periods. This does not establish whether less sleep was genuinely needed or other circumstances changed the rhythm.

Sleep and daily rhythm: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 10: Other people noticed that I was active at unusual times. | Mostly untrue

Item 11: I remember clearly changed sleep times that involved more than a single evening. | Very true

Consider a possible everyday situation

What change in sleep or daily rhythm do you remember, and what external circumstances were present at the same time?

04 / YOUR REPORT

Unusual activation

Trace your responses and connect them with everyday situations.

This area describes changes you noticed from your usual level of activity over extended periods. It does not identify a manic episode.

Your response value **4.0 / 5**



What this means in practice

You describe extended periods with unusually many projects, a faster pace or greater confidence. The answers do not distinguish these changes from other possible reasons for increased activity.

Scale direction: less reported change in activation / more reported change in activation.

Two concrete responses

Item 3: I remember a period when my speech was noticeably faster than usual across several days.

Your response: Partly true

Item 5: At times, my confidence in new projects was much greater than I recognise as usual for me.

Your response: Very true

A prompt for further reflection

If you recall such a period: what differed from your usual daily life, and how long do you remember the change lasting?

When does this fit me - and when does it not?

05 / YOUR REPORT

Sleep and daily rhythm

Trace your responses and connect them with everyday situations.

This area describes extended changes in sleep timing and perceived need for sleep. Little sleep alone does not establish a disorder.

Your response value **3.7 / 5**



1 6 / 6 answered 5

What this means in practice

You describe less sleep or unusual activity times during active periods. This does not establish whether less sleep was genuinely needed or other circumstances changed the rhythm.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less reported rhythm change / more reported rhythm change.

Two concrete responses

Item 10: Other people noticed that I was active at unusual times.

Your response: Mostly untrue

Item 11: I remember clearly changed sleep times that involved more than a single evening.

Your response: Very true

A prompt for further reflection

What change in sleep or daily rhythm do you remember, and what external circumstances were present at the same time?

When does this fit me - and when does it not?

06 / YOUR REPORT

Periods of reduced energy

Trace your responses and connect them with everyday situations.

These statements explore extended periods with less energy or engagement than usual. They do not distinguish causes or produce a depression score.

Your response value **4.4 / 5**



1 5 / 5 answered 5

What this means in practice

You describe extended periods when tasks were harder to begin and interests or contact less accessible. Their cause, exact duration and relationship in time to more active periods remain unknown.

Scale direction: fewer reported reductions in energy / more reported reductions in energy.

Two concrete responses

Item 17: Across extended periods, my involvement in important everyday activities stayed around my usual level.

Your response: Partly true (reverse-scored in the calculation)

Item 16: At times, my pace in everyday decisions was noticeably slower than usual for an extended period.

Your response: Very true

A prompt for further reflection

What was harder to do than usual during such a period? You can focus on one specific everyday situation.

When does this fit me - and when does it not?

07 / YOUR REPORT

Changes in daily life

Trace your responses and connect them with everyday situations.

This area concerns differences noticed between extended periods and their effects on daily life. A professional assessment would need to examine the timing in more detail.

Your response value **2.8 / 5**



What this means in practice

Your answers fall between “less reported change in daily life” and “more reported change in daily life”. This can reflect differing experiences or tentative agreement. The particular statements you endorse or reject are more informative here than the average alone.

Scale direction: less reported change in daily life / more reported change in daily life.

Two concrete responses

Item 18: Decisions made during an unusual period later fitted poorly with my usual plans.

Your response: Mostly untrue

Item 20: After an unusually active period, I had to reorganise several projects I had started.

Your response: Mostly true

A prompt for further reflection

Which everyday observation would you describe to a qualified professional? Also note anything about the timing that you cannot clearly remember.

When does this fit me - and when does it not?

08 / YOUR REPORT

Your values clearly explained

Unusual activation

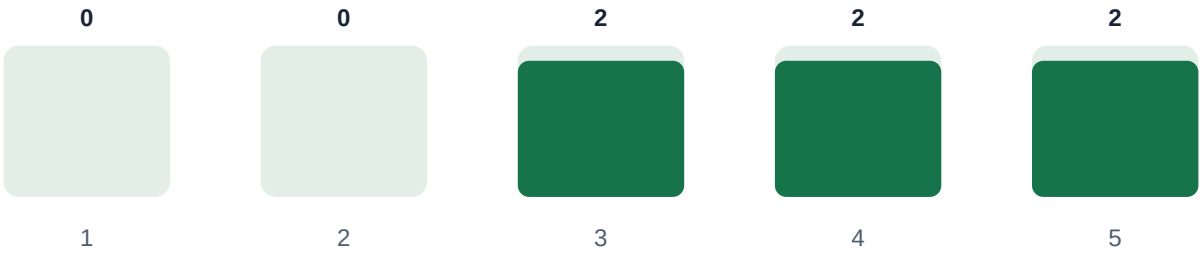
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 + 3 = 24. 24 / 6 = 4.0 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Sleep and daily rhythm. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

What change in sleep or daily rhythm do you remember, and what external circumstances were present at the same time?

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

This original questionnaire has not been clinically validated and is not a bipolar disorder screener. It does not assess diagnostic episode durations or other explanations such as sleep loss, medication or physical illness. Areas are not combined into a bipolar score or probability. Ordinary mood variation does not establish bipolar disorder. Clearly unusual periods involving little sleep or changes in behaviour should be discussed with a qualified professional; do not change medication because of this profile.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.27 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**There were extended periods when I started noticeably more projects at once than usual.**	Unusual activation | Mostly true
2	**During an unusually active period, I found it difficult to give my ideas time to develop.**	Unusual activation | Very true
3	**I remember a period when my speech was noticeably faster than usual across several days.**	Unusual activation | Partly true
4	**During such a period, everyday interruptions felt unusually irritating to me.**	Unusual activation | Mostly true
5	**At times, my confidence in new projects was much greater than I recognise as usual for me.**	Unusual activation | Very true
6	**Across extended periods, my activity level largely remained within my usual range.**	Unusual activation | Partly true | reverse-scored
7	**During an unusually active period, I slept much less than usual over several nights.**	Sleep and daily rhythm | Partly true
8	**At times, I started the day after little sleep with an unusually strong drive to act.**	Sleep and daily rhythm | Very true
9	**During such a period, my usual bedtime took second place to further activities.**	Sleep and daily rhythm | Mostly true
10	**Other people noticed that I was active at unusual times.**	Sleep and daily rhythm | Mostly untrue
11	**I remember clearly changed sleep times that involved more than a single evening.**	Sleep and daily rhythm | Very true
12	**Even during active periods, my perceived need for sleep remained similar to usual.**	Sleep and daily rhythm | Partly true | reverse-scored
13	**There were extended periods when even familiar tasks required much more effort to begin than usual.**	Periods of reduced energy | Very true

Your responses in full / CONTINUED

14 **I remember stretches of time when my usual interests engaged me much less.**
Periods of reduced energy | Mostly true

15 **During a low-energy period, I withdrew from contact more than usual.**
Periods of reduced energy | Very true

16 **At times, my pace in everyday decisions was noticeably slower than usual for an extended period.**
Periods of reduced energy | Very true

17 **Across extended periods, my involvement in important everyday activities stayed around my usual level.**
Periods of reduced energy | Partly true | reverse-scored

18 **Decisions made during an unusual period later fitted poorly with my usual plans.**
Changes in daily life | Mostly untrue

19 **People who know me well commented on extended changes in my behaviour.**
Changes in daily life | Partly true

20 **After an unusually active period, I had to reorganise several projects I had started.**
Changes in daily life | Mostly true

21 **Changes between extended periods made dependable everyday arrangements harder.**
Changes in daily life | Partly true

22 **My longer-term everyday decisions generally felt consistent across different periods.**
Changes in daily life | Mostly true | reverse-scored