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| **Hypomania/Mania Symptoms – Adult** |
| **Protocol Id** | 120402 |
| **Description of Protocol** | The Hypomania Checklist 32 Revised (HCL 32 R1) is a self-report, 32 item questionnaire that screens for hypomanic symptoms in major depressive disorder (MDD) and the presence of bipolar and bipolar spectrum disorders (including bipolar I and bipolar II Disorders). |
| **Specific Instructions** | For a more detailed assessment of mania/hypomania in adults, please see the Mania Section from the Composite International Diagnostic Interview (CIDI) and the Mania Section of Diagnostic Interview for Genetic Studies (DIGS) in the Psychiatric Working Group Supplemental Information. |
| **Protocol Text** | **Energy, activity and mood**At different times in their life everyone experiences changes or swings in energy, activity and mood ("highs and lows" or "ups and downs"). The aim of this questionnaire is to assess the characteristics of the "high" periods.1. First of all, how are you feeling today compared to your usual state:

(*Please mark only ONE of the following*)         [ ] Much worse than usual         [ ] Worse than usual         [ ] A little worse than usual         [ ] Neither better nor worse than usual         [ ] A little better than usual         [ ] Better than usual         [ ] Much better than usual1. How are you usually compared to other people?

Independently of how you feel today, please tell us how you are normally compared to other people, by marking which of the following statements describes you best.Compared to other people my level of activity, energy and mood...(*Please mark only ONE of the following*)         [ ] ... is always rather stable and even         [ ] ... is generally higher          [ ] ... is generally lower          [ ] ... repeatedly shows periods of ups and downs1. Please try to remember a period when you were in a "high" state.

How did you feel then? Please answer all these statements independently of your present condition.

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| In such a state: | Yes | No |
| 3.1  | I need less sleep |  |  |
| 3.2  | I feel more energetic and more active |  |  |
| 3.3 | I am more self-confident |  |  |
| 3.4 | I enjoy my work more |  |  |
| 3.5  | I am more sociable (make more phone calls, go out more) |  |  |
| 3.6 | I want to travel and/or do travel more |  |  |
| 3.7 | I tend to drive faster or take more risks when driving |  |  |
| 3.8 | I spend more money/too much money |  |  |

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| In such a state: | Yes | No |
| 3.9 | I take more risks in my daily life (in my work and/or other activities) |  |  |
| 3.10 | I am physically more active (sport etc.) |  |  |
| 3.11 | I plan more activities or projects |  |  |
| 3.12 | I have more ideas, I am more creative |  |  |
| 3.13 | I am less shy or inhibited |  |  |
| 3.14 | I wear more colourful and more extravagant clothes/make-up |  |  |
| 3.15 | I want to meet or actually do meet more people |  |  |
| 3.16 | I am more interested in sex, and/or have increased sexual desire |  |  |
| 3.17 | I am more flirtatious and/or am more sexually active |  |  |
| 3.18 | I talk more |  |  |
| 3.19 | I think faster |  |  |
| 3.20 | I make more jokes or puns when I am talking |  |  |
| 3.21 | I am more easily distracted |  |  |
| 3.22 | I engage in lots of new things |  |  |
| 3.23 | My thoughts jump from topic to topic |  |  |
| 3.24 | I do things more quickly and/or more easily |  |  |
| 3.25 | I am more impatient and/or get irritable more easily |  |  |
| 3.26 | I can be exhausting or irritating for others |  |  |
| 3.27 | I get into more quarrels |  |  |
| 3.28 | My mood is higher, more optimistic |  |  |
| 3.29 | I drink more coffee |  |  |
| 3.30 | I smoke more cigarettes |  |  |
| 3.31 | I drink more alcohol |  |  |
| 3.32 | I take more drugs (sedatives, anxiolytics, stimulants...) |  |  |

1. Impact of your "highs" on various aspects of your life:

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| --- | --- | --- | --- | --- |
|  | Positive and Negative | Positive | Negative | No impact |
| Family life |  |  |  |  |
| Social life |  |  |  |  |
| Work |  |  |  |  |
| Leisure |  |  |  |  |

1. Other people’s reactions and comments to your "highs". .

How did people close to you react to or comment on your "highs"?(*Please mark ONE of the following*)         [ ] Positively (encouraging or supportive)         [ ] Neutral          [ ] Negatively (concerned, annoyed, irritated, critical)         [ ] Positively and negatively         [ ] No reactions1. Length of your "highs" as a rule (on the average):

(*Please mark ONE of the following*)         [ ] 1 day          [ ] 2-3 days          [ ] 4-7 days          [ ] longer than 1 week         [ ] longer than 1 month         [ ] I can’t judge/ don’t know1. Have you experienced such "highs" in the past twelve months?

         [ ] Yes          [ ] No1. If yes, please estimate how many days you spent in "highs" during the last twelve months:

Taking all together: about \_\_\_\_\_\_ days. |
| **Selection Rationale** | Vetted against several other similar protocols, the Hypomania Checklist was selected because it is a well validated, relatively low burden self-report population quantitative measure. |
| **Source** | Angst, Jules, Adolfsson, Rolf, Benazzi, Franco, Gamma, Alex, Hantouche, Elie, Meyer, Thomas D., Skeppar, Peter, Vieta, Eduard, & Scott, Jan (2005). The HCL-32: Towards a self-assessment tool for hypomanic symptoms in outpatients. *Journal of Affective Disorders*, *88*, 217-233. |
| **Language** | English, Swedish, Italian |
| **Participant** | Adult 18 years of age and older. |
| **Personnel and Training Required** | None |
| **Equipment Needs** | None |
| **Standards** |

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| **Standard** | **Name** | **ID** | **Source** |
| Common Data Element (CDE) | Adult Hypomania Assessment Score | 3075430 | [CDE Browser](https://cdebrowser.nci.nih.gov/CDEBrowser/search?elementDetails=9&FirstTimer=0&PageId=ElementDetailsGroup&publicId=3075430&version=1.0) |
| Logical Observation Identifiers Names and Codes (LOINC) | Hypomania mania sympts adult proto | 62721-6 | [LOINC](http://s.details.loinc.org/LOINC/62721-6.html?sections=Web) |

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| **General References** | American Psychiatric Association (2000). *Diagnostic and statistical manual of mental disorders: DSM-IV-TR*. Washington, DC: Author.Description of Protocol from Source reference: Angst, Jules, Adolfsson, Rolf, Benazzi, Franco, Gamma, Alex, Hantouche, Elie, Meyer, Thomas D., Skeppar, Peter, Vieta, Eduard, & Scott, Jan (2005). The HCL-32: Towards a self-assessment tool for hypomanic symptoms in outpatients. *Journal of Affective Disorders*, *88*, 217-233. |
| **Protocol Type** | Self- or proxy-administered questionnaire |
| **Derived Variables** | None |
| **Requirements** |

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| **Requirement Category** | **Required** |
| Average time of greater than 15 minutes in an unaffected individualAverage time of greater than 15 minutes in an unaffected individual | No |
| Major equipmentThis measure requires a specialized measurement device that may not be readily available in every setting where genome wide association studies are being conducted. Examples of specialized equipment are DEXA, Echocardiography, and Spirometry | No |
| Specialized requirements for biospecimen collectionThis protocol requires that blood, urine, etc. be collected from the study participants. | No |
| Specialized trainingThis measure requires staff training in the protocol methodology and/or in the conduct of the data analysis. | No |

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