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### Goldberg's Mania Scale

Name: \_\_\_\_\_ Date: \_\_\_\_\_

0 = Not at all    1 = Just a little    2 = Somewhat    3 = Moderately    4 = Quite a lot    5 = Very much

My mind has never been sharper.	0	1	2	3	4	5
I need less sleep than usual.	0	1	2	3	4	5
I have so many plans and new ideas that it is hard for me to work.	0	1	2	3	4	5
I feel a pressure to talk and talk.	0	1	2	3	4	5
I have been particularly happy.	0	1	2	3	4	5
I have been more active than usual.	0	1	2	3	4	5
I talk so fast that people have a hard time keeping up with me.	0	1	2	3	4	5
I have more new ideas than I can handle.	0	1	2	3	4	5
I have been irritable.	0	1	2	3	4	5
It's easy for me to think of jokes and funny stories.	0	1	2	3	4	5
I have been feeling like "the life of the party."	0	1	2	3	4	5
I have been full of energy.	0	1	2	3	4	5
I have been thinking about sex.	0	1	2	3	4	5
I have been feeling particularly playful.	0	1	2	3	4	5
I have special plans for the world.	0	1	2	3	4	5
I have been spending too much money.	0	1	2	3	4	5
My attention keeps jumping from one idea to another.	0	1	2	3	4	5
I find it hard to slow down and stay in one place.	0	1	2	3	4	5

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Medication: \_\_\_\_\_  
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