

Modified HCL-32 Questionnaire

Name: _____ Date _____

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 usual

2. 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 downs

3. Please try to remember a period when you were in a "high" state.

How did you feel then? Please answer all of these statement independently of your Present condition:

In such a state:

	YES	NO
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		

	YES	NO
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 colorful and more extravagant clothes/make-up		
15. I want to meet or actually do meet more people		
16. I am more interested in sex,		
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, anxiolytics, stimulants...)		

If you never experienced such a "high" please stop here

4. Impact of your “highs” on various aspects of your life:

	Positive and Negative	Positive	Negative	No Impact
Family life				
Social life				
Work				
Leisure				

5. Other people’s reactions and comments to your “highs.”

How did people close to you react to or comment on your “highs”?

Positively (encouraging or supportive)	Neutral	Negatively concerned, annoyed, irritated, critical)	Positively and negatively	No reactions

6. Lengths of your “highs” as a rule (on the average)

(Please mark only 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 know

7. Have you experienced such “highs” in the past twelve months?

_____ Yes _____ No

8. If yes, please estimate how many days you spent in “highs” during the last twelve months:

Taking all together: about _____ days