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Childhood Bipolar Disorder Symptom Checklist

DEPRESSION

- Your child has oppositional behavior
- Your child has trouble with school
- Your child has irritability
- Your child complains of boredom
- Your child verbalizes feelings of worthlessness
- Your child seems guilty, sad and hopeless
- Your child has recurrent thoughts of death or suicide
- Your child has low energy

MANIA

- Your child experiences a decreased need for sleep
- Your child has obsessions and compulsions
- Your child is preoccupied with weapons or fire
- Your child tries to build weapons
- Your child experiences periods of time where they exhibit inflated self-esteem or grandiosity. They may believe they are able to do things they are not, and brag that they are smarter than adults or better than other kids.
- Your child is overly sexual for their age
- At times your child is much more talkative than usual and can't seem to stop
- Your child has periods of time where their thoughts seem to race and their ideas fly
- Your child has periods of time when they become fixated on a certain idea and they become aggressive when an obstacle gets in their way

Your child is easily distracted or has difficulty paying attention

DEPRESSION

There is a history of bipolar disorder or alcoholism in the family

Your child has sleep and appetite disturbance

Your child is afraid of sleeping alone

Your child is self-mutilating

Your child has long protracted rages

Your child has sensory integration problems

Your child has poor social skills

Your child hears voices or sees things that are not there

Your child has night terrors