

Name \_\_\_\_\_

Date \_\_\_\_\_

<b>TEMPS-A Temperament Scale</b>	Check if True
I have always blamed myself for what others might consider no big deal.	
I'm the kind of person who doesn't like change very much.	
In a group, I would rather hear others talk.	
I often give in to others.	
I feel very uneasy meeting new people.	
My feelings are easily hurt by criticism or rejection.	
I am the kind of person you can always depend on.	
I put the needs of others above my own.	
I would rather work for someone else than be the boss.	
I often feel tired for no reason.	
I get sudden shifts in mood and energy.	
My moods and energy are either high or low, rarely in between.	
My ability to think varies greatly from sharp to dull for no apparent reason.	
I can really like someone a lot, and then completely lose interest in them.	
I often start things and then lose interest before finishing them.	
My mood often changes for no reason.	
I constantly switch between being lively and sluggish.	
I sometimes go to bed feeling great and wake up in the morning feeling life is not worth living.	
I go back and forth between feeling overconfident and feeling unsure of myself.	
I go back and forth between being outgoing and being withdrawn from others.	
I feel all emotions intensely.	
The way I see things is sometimes vivid, but at other times lifeless.	
I am the kind of person who can be sad and happy at the same time.	
I daydream a great deal about things that other people consider impossible to achieve.	
I often have a strong urge to do outrageous things.	
I am the kind of person who falls in and out of love easily.	

	Check if True
I'm usually in an upbeat or cheerful mood.	
Life is a feast which I enjoy to the fullest.	
I'm the kind of person who believes everything will eventually turn out all right.	
I have great confidence in myself.	
I often get many great ideas.	
I am always on the go.	
I can accomplish many tasks without even getting tired.	
I love to tackle new projects, even if risky.	
Once I decide to accomplish something, nothing can stop me.	
I am totally comfortable even with people I hardly know.	
I love to be with a lot of people.	
I have abilities and expertise in many areas.	
Normally I can get by with less than 6 hours of sleep.	
I am a grouchy (irritable) person.	
I am by nature a dissatisfied person.	
I often feel on edge.	
I often feel wound up.	
I often get so mad that I will just trash everything.	
When crossed, I could get into a fight.	
People tell me I blow up out of nowhere.	
When angry, I snap at people.	
I can get so furious I could hurt someone.	
I am so jealous of my spouse (or lover), that I cannot stand it.	
I am a very skeptical person.	

## Scoring

Approximately half of people with bipolar disorder have affective temperaments which begin in early childhood and continue in adulthood, with a stable course that is independent of the mood episodes (but may contribute to mood episodes).

Temperament is measured as a spectrum, where people more or less fit with those traits. While there is not official cut-off for, if a person endorses at least half of the items they probably fit that temperament.

The items correspond to the four affective temperaments in this order:

1. Dysthymic (chronic depressive)
2. Cyclothymic (chronic ultrarapid cycling)
3. Hyperthymic (chronic hypomanic)
4. Irritable (chronic mixed state)

Each temperament roughly corresponds to a mood state, as indicated in parentheses. The cyclothymic type cycles rapidly (every few days or weeks) between all mood states, so these patients may endorse symptoms from all the other temperaments as well.