CBQ

Child Bipolar Questionnaire (CBQ)

The CBQ is a screening questionnaire completed by a parent or a close caregiver to identify a profile consistent with pediatric bipolar disorder. It explores 65 emotional and behavioral manifestations, including mood lability, excitability, sleep disturbances, distractibility, irritability, impulsivity, aggression, grandiosity, risk-taking behaviors, certain anxiety symptoms and unusual perceptual experiences. Used in clinical practice and research, it helps objectively document symptom severity and several dimensions of functional impairment. Its main value lies in early detection and in guiding the diagnostic evaluation.

Number of questions	65 questions
Estimated duration	18 minutes
Language	English
Original name	Child Bipolar Questionnaire
Target audience	Children, adolescents
Authors	Demitri Papolos, John Hennen, Melissa S. Cockerham, Henry C. Thode Jr., Eric A. Youngstrom (2002)
Category	Mood disorders, Adolescent care, Childhood

Scoring & interpretation

Each item is rated from 1 to 4 according to the observed frequency. The total score is the number of items rated 3 or 4 across all 65 items. The Core Index is the number of items rated 3 or 4 among 22 core symptoms. Additional screening algorithms combine certain items to estimate a profile consistent with pediatric bipolar disorder and possible comorbidities, notably ADHD. The higher the total and Core Index scores, the greater the symptom burden. Interpretation should always be integrated with the clinical interview, the developmental history and the family context.