HCL-32

Hypomania Checklist (HCL-32)

The HCL-32 is a self-report questionnaire designed to identify manifestations of hypomania, particularly useful in screening for bipolar II disorder. Composed of 32 yes/no items, it explores current mood state, usual mood variations, and episodes of increased energy or activity. It provides information on the frequency, duration and impact of the episodes, as well as on the reactions of those around them. This tool has high diagnostic sensitivity and makes it possible to distinguish bipolar forms from unipolar disorders.

Number of questions	32 questions
Estimated duration	10 minutes
Language	English
Original name	Hypomania Checklist
Target audience	Adults
Authors	Jules Angst (2005)
Category	Mood disorders

Preview of the 32 questions

Try to remember a period when you were in a "high" state. How did you feel then?

I need less sleep

Yes No

Try to remember a period when you were in a "high" state. How did you feel then?

I feel more energetic and more active

Yes No

Try to remember a period when you were in a "high" state. How did you feel then?

I am more self-confident

Yes No

Try to remember a period when you were in a "high" state. How did you feel then?

I enjoy my work more

Yes No

Try to remember a period when you were in a "high" state. How did you feel then?

I am more sociable (make more phone calls, go out more)

Yes No

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Scoring is based on counting the positive answers to the listed hypomanic traits. A high score suggests probable hypomania or bipolar disorder.

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“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

Laura V. - Online Psychologist