CT-TEMPS-A

TEMPS-A Cyclothymic Temperament Subscale (CT-TEMPS-A)

This cyclothymia questionnaire corresponds to the cyclothymic subscale of the TEMPS-A. It is a brief 21-item yes/no self-report questionnaire designed to identify cyclothymic temperament, that is, a lasting instability of mood, energy, sleep, self-esteem, and emotional reactivity. In clinical practice, it helps guide the interview when there is marked affective variability, impulsivity, recurrent mood swings, or a suspicion of attenuated bipolarity underlying presentations of recurrent depression, anxiety, or borderline traits. Its main value lies in screening and structuring the clinical assessment, not in diagnosis on its own.

Number of questions	21 questions
Estimated duration	5 minutes
Language	English
Original name	TEMPS-A Cyclothymic Temperament Subscale
Target audience	Adolescents and adults
Authors	Élie G. Hantouche, Frédéric Kochman, Hagop S. Akiskal (2001)
Category	Mood disorders

Preview of the 21 questions

My ability to think varies greatly from sharp to dull for no apparent reason.

Yes No

I constantly switch between being lively and sluggish.

Yes No

I get sudden shifts in mood and energy.

Yes No

My mood often changes for no reason.

Yes No

I go back and forth between being outgoing and being withdrawn from others.

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

Score 1 point for each Yes or True answer and 0 points for each No or False answer, then add up the 21 items to obtain a total score from 0 to 21. A score of 10 or more suggests the presence of a clinically significant cyclothymic temperament and warrants an in-depth exploration of the bipolar spectrum and emotional regulation. Interpretation should always be placed in the context of the history, the duration of the fluctuations, the functional impact, and the differential diagnosis.

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Laura V. - Online Psychologist