HCL-32

Hypomania Checklist-32 (HCL-32)

The HCL-32 is a self-report tool designed to screen for symptoms of hypomania in patients with mood disorders. It is widely used to differentiate unipolar depressive disorder from bipolar disorder by identifying episodes of elevated mood or unusual energy. It offers a structured approach to collecting subjective information on hypomanic episodes, which is useful for differential diagnosis.

Number of questions	32 questions
Estimated duration	10 minutes
Language	English
Original name	Hypomania Checklist-32
Target audience	Adults
Authors	Jules Angst, Thomas Meyer, Eugenia Adolfsson, Dag Ahlbom, Per Bech, Siegfried S. Gamma, Per Magni, Jules Angst (2005)
Category	Mood disorders

Preview of the 32 questions

Try to remember a period when you were in a "high" state. In such a state:

I need less sleep

Yes No

Try to remember a period when you were in a "high" state. In such a state:

I feel more energetic and more active

Yes No

Try to remember a period when you were in a "high" state. In such a state:

I am more self-confident

Yes No

Try to remember a period when you were in a "high" state. In such a state:

I enjoy my work more

Yes No

Try to remember a period when you were in a "high" state. In such a state:

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

Responses are rated by the patient, who checks 'yes' or 'no' for each item depending on whether they experienced the symptom during their 'most energetic period'. A total score is calculated by adding up the positive responses. A high score (generally >14 or >12 depending on the study) suggests the possible presence of bipolar disorder, but the final interpretation must be made by a clinician taking the overall context into account.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

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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