



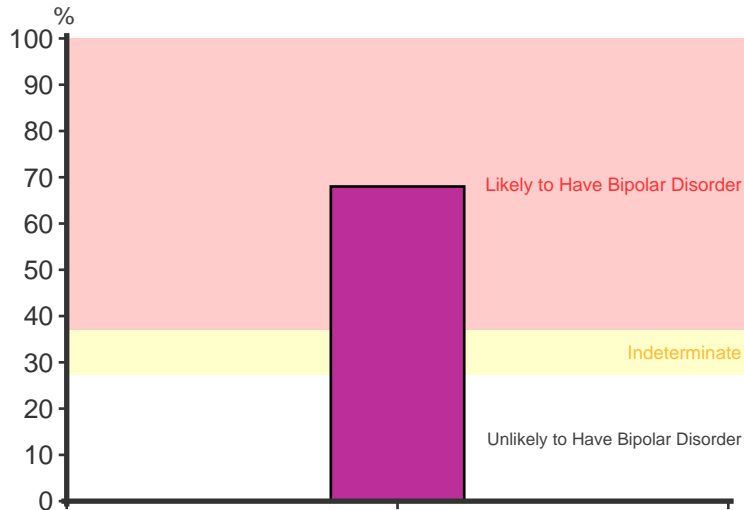
General Behaviour Inventory (GBI)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	13 Jan 2025
<i>Date of birth (age)</i>	17 Feb 1975 (49)	<i>Time taken</i>	3 min 55s
<i>Assessor</i>	Dr David Hegarty		

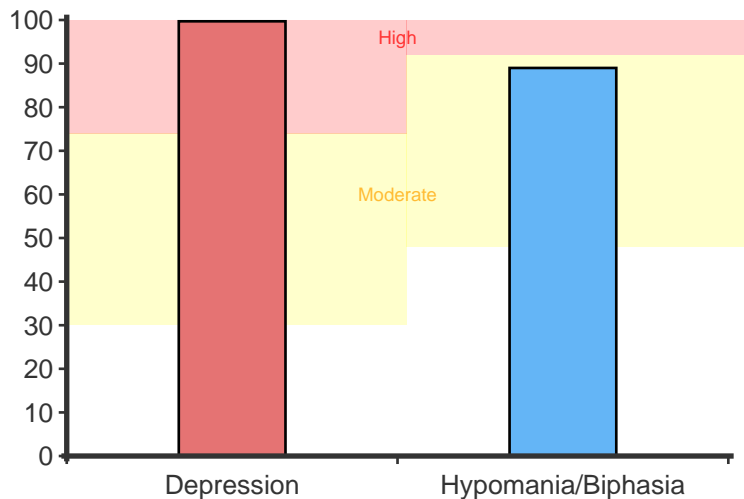
Results

	Score (Percent Endorsed %)	Percentile	Descriptor
Total Score (0 to 219)	135 (68%)	99.9	Likely to Have Bipolar Disorder
Depression	(73%)	99.7	High
Hypomania/Biphasia	(61%)	89	Moderate

GBI Total Score Percent Endorsed



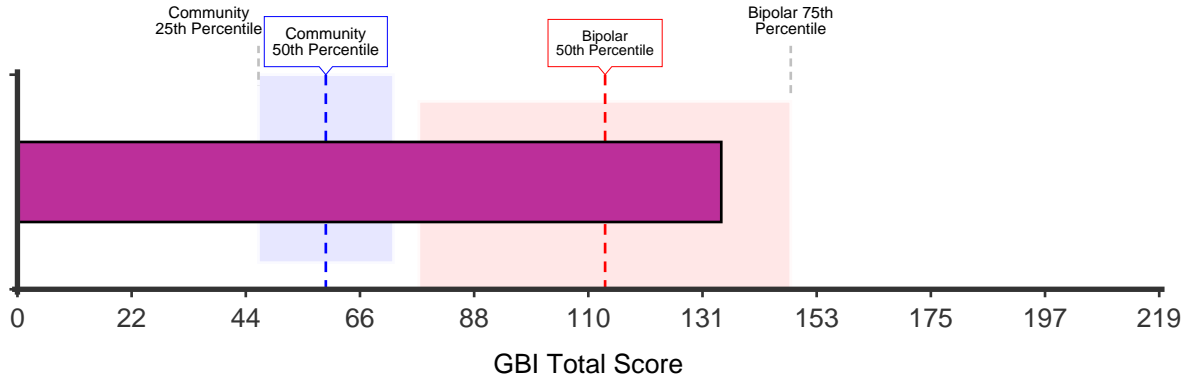
GBI Subscale Score Percentiles



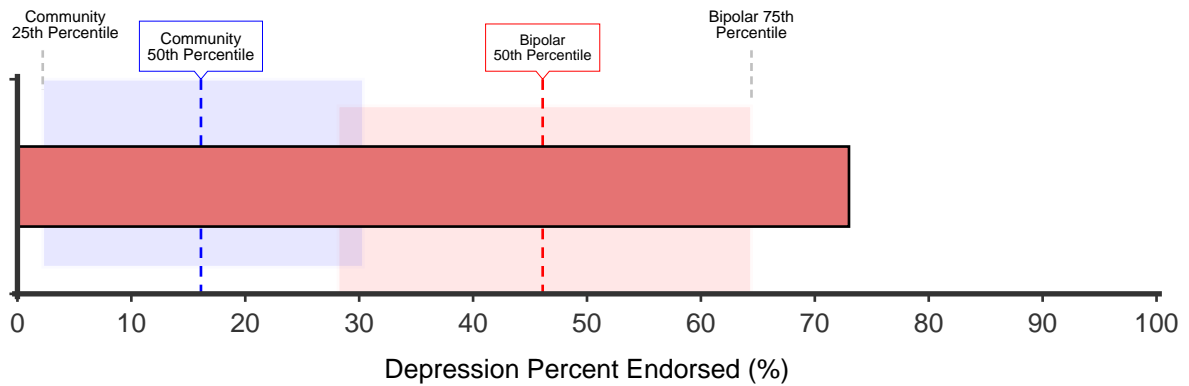


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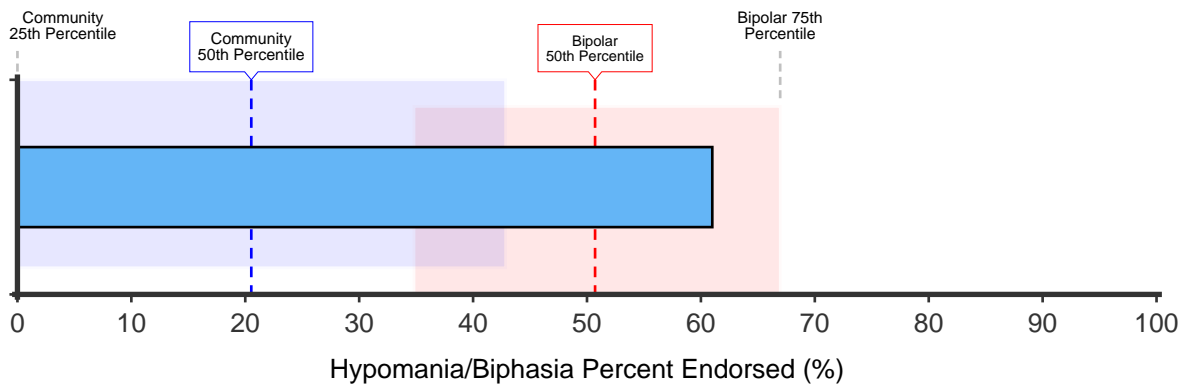
Total Score in Comparison to Normative Community and Bipolar Distributions



Depression Percent Endorsed Score in Comparison to Normative Community and Bipolar Distributions



Hypomania/Biphasia Percent Endorsed Score in Comparison to Normative Community and Bipolar Distributions





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Interpretation

The respondent's answer on item 73 indicated **suicidal thoughts**.

The respondent's total scores on the GBI were in the **Likely to Have Bipolar Disorder** range indicating that the respondent's score is consistent with behaviors and symptoms associated with bipolar disorder. The score suggests that it is more likely than not that the individual is experiencing bipolar type I or II, or cyclothymia. Their mood is characterised by patterns of instability, including manic, hypomanic, or depressive episodes.

The respondent's scores were in the **'High'** range for Depression. This suggests that the respondent is experiencing pronounced symptoms of depression, and that they are 4.75 times more likely than someone in the general public to be experiencing a mood disorder of some type.

In particular, questions that contributed to their score include:

- 3. *Have you become sad, depressed, or irritable for several days or more without really understanding why? (Very Often or Almost Constantly)*
- 14. *Have you had periods of sadness and depression when almost everything gets on your nerves and makes you irritable or angry (other than related to the menstrual cycle)? (Very Often or Almost Constantly)*
- 18. *Have there been times of several days or more when you were so tired and worn out that it was very difficult or even impossible to do your normal everyday activities (not including times of intense exercise, physical illness, or heavy work schedules)? (Very Often or Almost Constantly)*
- 20. *Have there been periods lasting several days or more when you spent much of your time brooding about unpleasant things that have happened? (Very Often or Almost Constantly)*
- 23. *Have there been times of several days or more when you were so sad that it was quite painful for you, or you felt that you couldn't stand it? (Very Often or Almost Constantly)*
- 29. *Have you experienced periods of several days or more when were feeling down and depressed, and you also were physically restless, unable to sit still, and had to keep moving or jumping from one activity to another? (Very Often or Almost Constantly)*

The respondent's scores were in the **'Moderate'** range for Hypomania/Biphasia. This indicates that the respondent may be experiencing some symptoms related to hypomania and the mood fluctuations associated with bipolar disorder. They are 4.21 times more likely to have bipolar disorder compared with members of the general public.

In particular, questions that contributed to their score include:

- 30. *Have there been times lasting several days or more when you felt you must have lots of excitement, and you actually did a lot of new or different things? (Very Often or Almost Constantly)*
- 35. *Has it seemed that you experience both pleasurable and painful emotions more intensely than other people? (Very Often or Almost Constantly)*
- 43. *Have there been periods of several days or more when your thinking was so clear and quick that it was much better than most other people's? (Very Often or Almost Constantly)*
- 48. *Have you found that your thinking changes greatly – that there are periods of several days or more when you think better than most people, and other periods when your mind doesn't work well at all? (Very Often or Almost Constantly)*



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Scoring and Interpretation Information

For comprehensive information on the GBI, [see here](#).

The GBI total score ranges from 0 to 219. The GBI total score reflects the frequency and intensity of symptoms related to bipolar disorder.

Score is also expressed as the “percent endorsed”, which uses a binary scoring where “Never or Hardly Ever” and “Sometimes” are not endorsed, while responses “Often” and “Very Often or Almost Constantly” are considered endorsed. Percent endorsed convert scores to 0% to 100%.

Total scores are classified into three risk categories:

-Unlikely to have Bipolar Disorder (Percent endorsed between 0 and 26%): Individuals are likely to not have bipolar classified as likely non-cases, meaning they are unlikely to have bipolar. About 80% of the population typically falls within this category, indicating that their mood variability falls within the normal range.

-Indeterminate (Percent endorsed between 27% and 36%): Scores in this range indicate respondents may exhibit mild or atypical mood disturbances that are consistent with bipolar symptoms, but not to the extent that they clearly indicate bipolar disorder. This score range represents 12% of individuals among members of the community.

-Likely to have Bipolar Disorder (Percent endorsed 37% and above): Individuals within this range are classified as likely cases of bipolar disorder. Scores in this range reflect meaningful syndromal behavior consistent with bipolar types I, II, or Cyclothymia (Klein et al., 1986).

The subscale scores are also computed using the Binary scoring system, where scores are expressed as the percent of items endorsed as occurring “Often” and “Very Often or Almost Constantly”:

- Depression Subscale

(items 3, 23, 45, 63, 47, 56, 62, 73, 9, 10, 13, 70, 21, 33, 49, 59, 1, 12, 41, 5, 25, 37, 52, 14, 39, 55, 29, 36, 50, 71, 16, 60, 65, 67, 20, 32, 34, 72, 18, 26, 58, 68, 6, 28, 69)

A higher score on the Depression subscale indicates higher depressive symptomatology. The percent of symptoms endorsed are classified into three categories (Pendergast et al., 2014):

-Low - 0 to 4% - Unlikely to have any mood disorder

-Moderate - 5% to 31% - May have a mood disorder of some kind

-High - 32% to 100% - Likely to have a mood disorder of some kind (4.75 times more likely than the general public)

- Hypomania/Biphasic Subscale

(items 2, 24, 35, 48, 19, 40, 53, 4, 7, 15, 22, 30, 31, 66, 11, 17, 42, 51, 27, 44, 54, 8, 57, 64, 38, 43, 46, 61)

A higher score on the Hypomania/Biphasic subscale suggests mood variability, impulsivity, or energy dysregulation consistent with hypomanic or manic episodes. The percent of symptoms



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Scoring and Interpretation Information (cont.)

endorsed are classified into three categories (Pendergast et al., 2014):

- Low - 0 to 18% - Unlikely to have bipolar disorder
- Moderate - 19% to 68% - 4.21 times more likely to have bipolar disorder than the general public.
- High - 69% to 100% - 6.49 times more likely to have bipolar disorder than the general public.

A percentile is used to contextualise a respondent's score compared to the normative community sample. The community sample represents the typical level of mood-related symptoms found in the general population (Bullock et al., 2011; Pendergast et al., 2014). A percentile of 50 suggests typical (and relatively healthy) experience of psychomotor energy, whereas a percentile of 80 indicates that the respondent scores higher than 80 percent of individuals, indicating some symptoms consistent with bipolar disorder.

The horizontal graphs presents the total score (0 to 219, scored using the likert method) and percent endorsed score for the subscales (from 0 to 100%). These graphs shows scores in comparison to the normative community and clinical distributions, with shaded areas around the two middle quartiles (between the 25th and 75th percentile). The clinical distribution represents individuals diagnosed with bipolar disorder (Bullock et al., 2011; Pendergast et al., 2014). This graph helps contextualise patterns of responding in comparison to the distribution of responses among community samples and those with a diagnosis of bipolar disorder (Pendergast et al., 2014).

For the total score, when 37% of symptoms are endorsed the scale has a sensitivity of .90, meaning it correctly identifies 90% of true cases (Klein et al., 1986). At this level, its specificity is .98, indicating it correctly identifies 98% of non-cases.

Higher scores on the GBI may suggest the presence of bipolar disorder, which frequently coexists with other psychiatric conditions. For instance, research indicates that one in six adults with bipolar disorder also has ADHD (Schiweck et al., 2021). People with ADHD also score higher on the GBI than the general public. Other commonly associated disorders include autism spectrum disorder, borderline personality disorder, and substance use disorders (Menezes et al., 2019; Skokauskas & Frodl, 2015). Recent evidence highlights the GBI's effectiveness in differentiating bipolar disorder from conditions such as unipolar depression and ADHD, making it a valuable tool for addressing comorbidity challenges in psychiatric assessments (Pendergast et al., 2014).

Client Responses

		Never or Hardly Ever	Sometimes	Often	Very Often or Almost Constantly
1	Have there been periods, over the last year, when it was almost impossible to make small decisions even though this may not be generally true of you?	0	1	2	3
2	Have you found your enjoyment in being with people changes -- from times when you enjoy them immensely and want to be with them all the time, to times when you do not want to see them at all?	0	1	2	3



Client Name | Generic Client

Client Responses (cont.)

		Never or Hardly Ever	Sometimes	Often	Very Often or Almost Constantly
3	Have you become sad, depressed, or irritable for several days or more without really understanding why?	0	1	2	3
4	Have you experienced periods of several days or more when, although you were feeling unusually happy and intensely energetic (clearly more than your usual self), you were also physically restless, unable to sit still, and have to keep moving or jumping from one activity to another?	0	1	2	3
5	Have there been periods of several days or more when you felt that you needed more sleep, even though you slept longer at night or napped more during the day (not including times of exercise, physical illness, or heavy work schedules)?	0	1	2	3
6	Have people said that you looked sad or lonely?	0	1	2	3
7	Have there been periods of several days or more when you were almost constantly active such that others told you they couldn't keep up with you or that you wore them out?	0	1	2	3
8	Have there been periods of several days or more when you could not keep your attention on any one thing for more than a few seconds, and your mind jumped rapidly from one thought to another or to things around you?	0	1	2	3
9	Have there been periods lasting several days or more when you lost almost all interest in people close to you and spent long times by yourself?	0	1	2	3
10	Have you had periods of several days or more when food seemed rather flavorless and you didn't enjoy eating at all?	0	1	2	3
11	Have there been periods of several days or more when your friends or other family members told you that you seemed unusually happy or high – clearly different from your usual self or from a typical good mood?	0	1	2	3
12	Have there been times when your memory or concentration seemed especially poor and you found it difficult, for example, to read or follow a TV program, even though you tried?	0	1	2	3
13	Have there been times when you lost almost all interest in the things that you usually like to do (such as hobbies, school, work, entertainment)?	0	1	2	3
14	Have you had periods of sadness and depression when almost everything gets on your nerves and makes you irritable or angry (other than related to the menstrual cycle)?	0	1	2	3
15	Have there been times of several days or more when you did not feel the need for sleep and were able to stay awake and alert for much longer than usual because you were full of energy?	0	1	2	3
16	Have you had long periods in which you felt that you couldn't enjoy life as easily as other people?	0	1	2	3
17	Have you had periods of several days or more when you wanted to be with people so much of the time that they asked you to leave them alone for a while?	0	1	2	3
18	Have there been times of several days or more when you were so tired and worn out that it was very difficult or even impossible to do your normal everyday activities (not including times of intense exercise, physical illness, or heavy work schedules)?	0	1	2	3
19	Has your mood or energy shifted rapidly back and forth from happy to sad or high to low?	0	1	2	3
20	Have there been periods lasting several days or more when you spent much of your time brooding about unpleasant things that have happened?	0	1	2	3
21	Have there been times when you felt that you were physically cut off from other people or from yourself, or felt as if you were in a dream, or felt that the world looked different or had changed in some way?	0	1	2	3



Client Name | Generic Client

Client Responses (cont.)

		Never or Hardly Ever	Sometimes	Often	Very Often or Almost Constantly
22	Have you had periods of extreme happiness and intense energy lasting several days or more when you also felt much more anxious or tense (jittery, nervous, uptight) than usual (other than related to the menstrual cycle)?	0	1	2	3
23	Have there been times of several days or more when you were so sad that it was quite painful for you, or you felt that you couldn't stand it?	0	1	2	3
24	Have you found that your enjoyment in eating changes – from periods of two or more days when food tastes exceptionally good, clearly better than usual, to other periods of several days or more when food seems rather flavorless and perhaps you don't enjoy eating at all?	0	1	2	3
25	Have there been times of several days or more when you wake up much too early in the morning and have problems getting back to sleep?	0	1	2	3
26	Have you had periods when you were so down that you found it hard to start talking or that talking took too much energy?	0	1	2	3
27	Have there been times of several days or more when, although you were feeling unusually happy and intensely energetic (clearly more than your usual self), you also had to struggle very hard to control inner feelings of rage or an urge to smash or destroy things?	0	1	2	3
28	Have there been periods other than when you were physically ill that you had more than one of the following: (a) headaches or feelings of tightness, pressure, or "wooziness" in your head;(b) dizziness; (c) constipation or diarrhea; (d) aches and pains; (e) nausea, vomiting, or stomach aches; (f) blurred vision; (g) trembling or shaking hands; or (h) feeling too hot or too cold?	0	1	2	3
29	Have you experienced periods of several days or more when were feeling down and depressed, and you also were physically restless, unable to sit still, and had to keep moving or jumping from one activity to another?	0	1	2	3
30	Have there been times lasting several days or more when you felt you must have lots of excitement, and you actually did a lot of new or different things?	0	1	2	3
31	Have you had periods of extreme happiness and intense energy (clearly more than your usual self) when, for several days or more, it took you over an hour to get to sleep at night?	0	1	2	3
32	Over the past year, have there been times when you looked back over your life and could see only failures or hardships?	0	1	2	3
33	Have you experienced times of several days or more when you felt as if you were moving in slow motion?	0	1	2	3
34	Have there been long periods over the last year when you felt sad, depressed, or irritable most of the time?	0	1	2	3
35	Has it seemed that you experience both pleasurable and painful emotions more intensely than other people?	0	1	2	3
36	Have there been periods of several days or more when you felt guilty and thought you deserved to be punished for something you had or had not done?	0	1	2	3
37	Have you had times of several days or more when you woke up frequently or had trouble staying asleep during the middle of the night?	0	1	2	3
38	Have you had periods of extreme happiness and high energy lasting several days or more when what you saw, heard, smelled, tasted, or touched seemed vivid or intense?	0	1	2	3
39	Have there been times when you were feeling low and depressed, and you also had to struggle very hard to control inner feelings of rage or an urge to smash or destroy things?	0	1	2	3
40	Have you found that your feelings or energy are generally up or down, but rarely in the middle?	0	1	2	3



Client Name | Generic Client

Client Responses (cont.)

		Never or Hardly Ever	Sometimes	Often	Very Often or Almost Constantly
41	Have you had periods of several days or more when it was difficult or almost impossible to think and your mind felt sluggish, stagnant, or "dead"?	0	1	2	3
42	Have there been times when you had a strong urge to do something mischievous, destructive, risky, or shocking?	0	1	2	3
43	Have there been periods of several days or more when your thinking was so clear and quick that it was much better than most other people's?	0	1	2	3
44	Have there been times when you exploded at others and afterwards felt bad about yourself?	0	1	2	3
45	Over the past year, have there been times of several days or more when you were so down that nothing (not even friends or good news) could cheer you up?	0	1	2	3
46	Have there been times of several days or more when you felt that you were a very important person or that your abilities or talents were better than most other people's?	0	1	2	3
47	Have there been times when you hated yourself or felt that you were stupid, ugly, unlovable, or useless?	0	1	2	3
48	Have you found that your thinking changes greatly – that there are periods of several days or more when you think better than most people, and other periods when your mind doesn't work well at	0	1	2	3
49	Have there been times of a day or more when you had no feelings or emotions and seemed cut off from other people?	0	1	2	3
50	Have you had sad and depressed periods lasting several days or more when you also felt much more anxious or tense (jittery, nervous, uptight) than usual (other than related to the menstrual cycle)?	0	1	2	3
51	Have there been times when you have done things – like perhaps driving recklessly, taking a trip on the spur of the moment, creating a public disturbance, being more sexually active than usual, getting into fights, destroying property, or getting into trouble with the law – which you later thought showed poor judgment?	0	1	2	3
52	Have you had periods of sadness and depression when, for several days or more, it took you over an hour to get to sleep at night, even though you were very tired?	0	1	2	3
53	Have you had periods lasting several days or more when you felt depressed or irritable, and then other periods of several days or more when you felt extremely high, elated, and overflowing with energy?	0	1	2	3
54	Have there been periods when, although you were feeling unusually happy and intensely energetic, almost everything got on your nerves and made you irritable or angry (other than related to the menstrual cycle)?	0	1	2	3
55	Have there been times when upsetting or bad thoughts kept going through your mind and you couldn't stop them?	0	1	2	3
56	Have there been times of several days or more when you really got down on yourself and felt worthless?	0	1	2	3
57	Have there been times when you had blank spells in which your activities were interrupted, and you did not know what was going on around you?	0	1	2	3
58	Have you had sad and depressed periods of several days or more, interrupted by periods lasting between an hour to a day when you felt extremely happy and intensely energetic?	0	1	2	3
59	Have there been periods of several days or more when you were slowed down and couldn't move as quickly as usual?	0	1	2	3



Client Name | Generic Client

Client Responses (cont.)

		Never or Hardly Ever	Sometimes	Often	Very Often or Almost Constantly
60	Have you experienced weight changes (increases, decreases, or both) of five (5) pounds (~ 2.3 kg) or more in short periods of time (three weeks or less), not including changes due to physical illness, menstruation, exercise, or dieting?	0	1	2	3
61	Have there been periods of a couple days or more when your sexual feelings and thoughts were almost constant, and you couldn't think about anything else?	0	1	2	3
62	Have you had periods when it seemed that the future was hopeless and things could not improve?	0	1	2	3
63	Have there been periods lasting several days or more when you were so down in the dumps that you thought you might never snap out of it?	0	1	2	3
64	Have you had times when your thoughts and ideas came so fast that you couldn't get them all out, or they came so quickly others complained that they couldn't keep up with	0	1	2	3
65	Have there been times of several days or more when you felt very down and depressed during the early part of the day, but then less so during the evening?	0	1	2	3
66	Have there been times when you began many new activities with lots of enthusiasm and then found yourself quickly losing interest in them?	0	1	2	3
67	Have you found that your mood consistently follows the seasons, where you have long periods of depression during the winter but mostly happy periods during the summer?	0	1	2	3
68	Have you had long periods when you were down and depressed, interrupted by brief periods when your mood was normal or slightly happy?	0	1	2	3
69	Have there been times of several days or more when you have struggled to control an urge to cry, have had frequent crying spells, or found yourself crying without really understanding why (other than related to the menstrual cycle)?	0	1	2	3
70	Have there been times of several days or more when almost all sexual interest was lost?	0	1	2	3
71	Have you found yourself at times feeling fearful or suspicious of your environment or people around you?	0	1	2	3
72	Have there been periods of time when you felt a persistent sense of gloom?	0	1	2	3
73	Have there been times when you felt that you would be better off dead?	0	1	2	3