

Welcome Page

Welcome!

You are invited to participate in this study on Bipolar Disorder! Your participation should take about 25 minutes and is greatly appreciated.

The next page will give you a quick overview of this research and should answer most of your questions. Once you have given your consent to participate, you will get access to four questionnaires to complete in your own time.

Thank you very much for your time!

Participant Information Sheet

Before you decide if you would like to take part, please take a few moments and read this information sheet carefully.

What is the aim of this study?

The aim of the research is to find out whether factors such as impulsivity and time perspective can predict the onset of bipolar depression and mania.

Why have I been asked to take part?

The researcher interested in finding a representative sample of any adults between 18 and 60 years that have been diagnosed with Bipolar Disorder, have no learning disability and speak fluent English.

How long will it take?

It should take 15- 20 minutes to complete the four short surveys. Participation is completely anonymous and you will not be contacted again after you complete the surveys.

What kind of questions will be asked?

You will be asked questions about your current mood state, questions relating to impulsivity and any preferences you may have in terms of how you plan your actions; for example whether you like to plan ahead or live in the moment.

What happens to the information collected?

All of your information will be stored for up to 6 months on a password protected computer. The data will be analysed statistically to help answer the research questions. After the 6 months, all data will be safely destroyed.

How will confidentiality be kept?

All of your answers will be completely anonymous and treated confidentially. The only people who will have access to your answers will be the researcher, Melanie Suettmann, and her supervisor Dr. Matthias Schwannauer. No result will be published.

What happens if I don't want to take part or change my mind?

You are under no pressure to take part in the study. If you decide at any point during the study that you no longer want to participate, you can contact the researcher and ask for all of your data to be withdrawn. You will not need to give a reason or explanation for your withdrawal.

To withdraw, complain or discuss any issues you have with this research, contact mel_suettmann@yahoo.com

Consent Form

Please read the following statements and check the box to indicate that you agree.

- I have read and understand the information given on the previous page for the above study.
- I am between 18 and 60 years old.
- I have no diagnosed learning disability.
- I am fluent in English.
- I understand that my participation is voluntary and that I am free to withdraw at any time, without giving a reason.
- I understand that the information obtained from all questionnaires that I complete as part of the research study will be anonymised.
- I have read each of the above statements and I agree to take part in the study.

☐ Yes

☐ No

Demographics

Please fill out this page with some details that let us know a little about you.

1. Date of Birth (dd/mm/yyyy)

Country of Permanent Residence

2. Gender

☐ Male ☐ Female

How did you hear about this survey?

5. Do you take any prescribed medication? (please describe)

Barratt Impulsiveness Scale

People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly.

	Rarely/ Never	Occasionally	Often	Almost Always/ Always
I plan tasks carefully	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do things without thinking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I make-up my mind quickly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy-go-lucky.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't "pay attention."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have "racing" thoughts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan trips well ahead of time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am self controlled.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I concentrate easily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I save regularly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I "squirm" at plays or lectures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am a careful thinker.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan for job security.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I say things without thinking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to think about complex problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I change jobs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I act "on impulse."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get easily bored when solving thought problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I act on the spur of the moment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am a steady thinker.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I change residences.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I buy things on impulse.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can only think about one thing at a time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I change hobbies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend or charge more than I earn.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often have extraneous thoughts when thinking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am more interested in the present than the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am restless at the theater or lectures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like puzzles.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I am future oriented.

jñ

jñ

jñ

jñ

Any comments about the questions you would like to add

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	6

Zimbardo Time Perspective Inventory

Read each item and, as honestly as you can, answer the question: “How characteristic or true is this of you?” Check the appropriate box using the scale. Please answer ALL of the following questions on both sides.

	1 Very True	2 True	3 Neutral	4 Untrue	5 Very untrue
I believe that getting together with one's friends to party is one of life's important pleasures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Familiar childhood sights, sounds, smells often bring back a flood of wonderful memories	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fate determines much in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often think of what I should have done differently in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My decisions are mostly influenced by people and things around me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe that a person's day should be planned each morning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It gives me pleasure to think about my past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do things impulsively	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If things don't get done on time, I don't worry about it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I want to achieve something, I set goals and consider specific means for reaching those goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On balance, there is much more good to recall than bad in my past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When listening to my favourite music, I often lose all track of time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meeting tomorrow's deadlines and doing other necessary work comes before tonight's play	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Since whatever will be will be, it doesn't really matter what I do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy stories about how things used to be in 'the good old times'	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Painful past experiences keep being replayed in my mind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to live my life as fully as possible, one day at a time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

It upsets me to be late for appointments	jñ	jñ	jñ	jñ	jñ
Ideally, I would live each day as if it was my last	jñ	jñ	jñ	jñ	jñ
Happy memories of good times spring readily to mind	jñ	jñ	jñ	jñ	jñ
I meet my obligations to friends and authorities on time	jñ	jñ	jñ	jñ	jñ
I've taken my share of abuse and rejection in the past	jñ	jñ	jñ	jñ	jñ
I make decisions on the spur of the moment	jñ	jñ	jñ	jñ	jñ
I take each day as it is rather than to plan it out	jñ	jñ	jñ	jñ	jñ
The past has too many unpleasant memories that I prefer not to think about	jñ	jñ	jñ	jñ	jñ
It is important to put excitement in my life	jñ	jñ	jñ	jñ	jñ
I've made mistakes in the past that I wish I could undo	jñ	jñ	jñ	jñ	jñ
I feel that it's more important to enjoy what you're doing than to get work done on time	jñ	jñ	jñ	jñ	jñ
I get nostalgic about my childhood	jñ	jñ	jñ	jñ	jñ
Before making a decision, I weigh the costs against the benefits	jñ	jñ	jñ	jñ	jñ
Taking risks keeps my life from becoming boring	jñ	jñ	jñ	jñ	jñ
It is more important for me to enjoy life's journey than to focus on the destination	jñ	jñ	jñ	jñ	jñ
Things rarely work out as I expected	jñ	jñ	jñ	jñ	jñ
It's hard for me to forget unpleasant images of my youth	jñ	jñ	jñ	jñ	jñ
It takes joy out of the process and flow of my activities, if I have to think about goals, outcomes, and products	jñ	jñ	jñ	jñ	jñ
Even when I am enjoying the present, I am drawn back to comparisons with similar past experiences	jñ	jñ	jñ	jñ	jñ
You can't really plan for the future because things change so much	jñ	jñ	jñ	jñ	jñ
My life path is controlled by forces I cannot influence	jñ	jñ	jñ	jñ	jñ
It doesn't make sense to worry about the future, since there is nothing that I	jñ	jñ	jñ	jñ	jñ

can do about it anyway

I complete projects on time
by making steady progress

ja

ja

ja

ja

ja

I find myself tuning out
when family members talk
about the way things used
to be

ja

ja

ja

ja

ja

I take risks to put
excitement in my life

ja

ja

ja

ja

ja

I make lists of things to do

ja

ja

ja

ja

ja

I often follow my heart
more than my head

ja

ja

ja

ja

ja

I am able to resist
temptations when I know
that there is work to be
done

ja

ja

ja

ja

ja

I find myself getting swept
up in the excitement of the
moment

ja

ja

ja

ja

ja

Life today is too
complicated, I would prefer
the simpler life of the past

ja

ja

ja

ja

ja

I prefer friends who are
spontaneous rather than
predictable

ja

ja

ja

ja

ja

I like family rituals and
traditions that are regularly
repeated

ja

ja

ja

ja

ja

I think about the bad things
that have happened to me
in the past

ja

ja

ja

ja

ja

I keep working at difficult,
uninteresting tasks if they
will help me get ahead

ja

ja

ja

ja

ja

Spending what I earn on
pleasure today is better
than saving for tomorrow's
security

ja

ja

ja

ja

ja

Often luck pays off better
than hard work

ja

ja

ja

ja

ja

I think about the good
things that I have missed
out in my life

ja

ja

ja

ja

ja

I like my close relationships
to be passionate

ja

ja

ja

ja

ja

There will always be time
to catch up on my work

ja

ja

ja

ja

ja

Any comments about the questions you would like to add

	5
	6

Behavioural Inhibition and Activation System Scales

Each item of this questionnaire is a statement that a person may either agree or disagree with. For each item, indicate how much you agree or disagree with what the item says. Please respond to all the items; do not leave any blank. Choose only one response to each statement. Please be as accurate and honest as you can be. Respond to each item as if it were the only item. That is, don't worry about being "consistent" in your responses.

	very true for me	somewhat true for me	somewhat false for me	very false for me
A person's family is the most important thing in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Even if something bad is about to happen to me, I rarely experience fear or nervousness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I go out of my way to get things I want.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I'm doing well at something I love to keep at it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm always willing to try something new if I think it will be fun.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How I dress is important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I get something I want, I feel excited and energised.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Criticism or scolding hurts me quite a bit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I want something I usually go all-out to get it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I will often do things for no other reason than it might be fun.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's hard for me to find the time to do things such as get a haircut.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I see a chance to get something I want, I move on it right away.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel pretty worried or upset when I think or know someone is angry at me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I see an opportunity for something I like I get excited right away.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often act on the spur of the moment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I think something unpleasant is going to happen I usually get pretty "worked up".	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often wonder why people act the way they do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When good things happen to me, it affects me strongly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel worried when I think I have done poorly at something important.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I crave excitement and new sensations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I go after something I use a "no holds barred" approach.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have very few fears compared to my friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It would excite me to win a contest.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry about making a mistake.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Internal State Scale

For each of the following statements, please fill in the circle that best describes the way you have felt over the past 24 hours.

While there may have been some change over that time, please try to make a single summary rating for each item.

	0 Not at all/ Rarely	1	2	3	4	5	6	7	8	9 Very much so/ Most of the time
Today my mood is changable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today I feel irritable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today I feel like a capable person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today I feel like people are out to get me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today I actually feel great inside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today I feel impulsive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today I feel depressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today I feel like my thoughts are going fast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today it seems like nothing will ever work out for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today I feel overactive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today I feel like the world is out to get me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today I feel "sped up" inside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today I feel restless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today I feel argumentative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today I feel energized	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Any comments you would like to add

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Nearly there...

All questionnaires are now complete.

If you are interested in being contacted for a possible follow-up study in the future, please insert your email address here.

Please note: To ensure confidentiality, your answers will be stored separately from your contact details.

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	6

End of Survey

You have come to the end of the survey. Thank you for your time. You can leave the survey by closing down this window.

If any of the questions in the survey have made you feel distressed or you feel you would like to talk to someone about any of the issues covered, please browse the list of resources and helplines below:

Breathing Space Helpline (6pm - 2am) - Tel: 0800 83 85 87

Saneline Phoneline (1pm - 11pm) - Tel: 0845 767 8000

Edinburgh Samaritans - Tel: 0131 221 9999

www.edspace.org.uk

www.health-in-mind.org.uk

If you would like any more information about the Study, please contact mel_suettmann@yahoo.com