

**Cyclothymic hypersensitive temperament questionnaire**, child and adolescent version  
 A good screening tool for youth with mood swings and aggression  
 (Kochman, Hantouche, Akiskal 2005)

Please respond "yes" or "no" to each question below.

Please respond to each question below.	YES	NO
1. I often react intensely to minor upsets		
2. I alternate between feeling low and high according to what is going on around me		
3. When I get upset, it's very hard for me to calm down		
4. I have periods of irritation during which I can lose control		
5. I often experience intense emotions which I can feel all over my body (flushing, sweating, pounding heart)		
6. I experience all negative or positive emotions (both of sadness or joy) more intensely than others		
7. When watching a film, I often get overemotional (I can't stop crying, being scared, or laughing)		
8. I have been in love numerous times in my life		
9. My mood often changes without me knowing why		
10. Compared to my peers, when I get excited during the class recess, it is much harder for me to settle down upon return to the classroom		
11. I am very excited during a video game, and it's very hard for me to calm down afterwards		
12. I experience rapid shifts in mood and energy		
13. At times I have a strong urge for risky or outrageous behavior		
14. When I'm irritated, I can do stupid things I wouldn't have done otherwise		
15. I can feel depressed for a few days and then be in a good mood again		
16. After a big stressful situation it can take several days for me to recover my composure		
17. I often explode at others, then feel guilty		
18. I often need to attract the attention of others to me		
19. I am sometimes bubbling with energy, and at other times sluggish		
20. I often experience severe, sudden emotions		
21. I know I have a tendency to get worked up, or to lose my temper too quickly when I'm frustrated		
22. I can become strongly fond of a person I've just met		
23. Often I crave certain food, cigarettes, alcohol, or upper drugs		
24. I often daydream about things people consider unrealizable		
25. I alternate between feeling overly confident and feeling unsure and self-critical		