1. Hypomania is a mood state characterized by persistent and pervasive elevated or irritable mood, and thoughts and behaviors that are consistent with such a mood state.

   True
   False

2. People experiencing hypomanic symptoms typically have little to no energy, introverted, and tend to "play it safely".

   True
   False

3. Those with hypomanic systems are generally aren't fully functioning.

   True
   False

4. Hypomania is a feature of two mood disorders: bipolar II disorder and cyclothymia, but can also occur in schizoaffective disorder.

   True
   False

5. Classic symptoms of hypomania include mild euphoria, a flood of ideas, endless energy, and a desire and drive for success.

   True
   False

6. Lower level of psychic energy and return to normal activity levels: is a short term goal. 

   True
   False
7. Explore feelings and thoughts about self, his or her own abilities, and future plans: is a short term goal.

True
False

8. Explore mood state, level of energy, level of control over thoughts, and sleeping pattern: is a long term goal.

True
False

9. Increase good judgment, stable mood, and goal directed behavior: is a long term goal.

True
False

10. Reduce agitation, impulsivity, and pressured speech: is a long term goal.

True
False

11. Refer for psychiatric evaluation for medication need, and to assess hospitalization need to stabilize mood and energy: is a long term goal.

True
False

12. Monitor taking of psychotropic medications as directed: is a short term goal.

True
False

13. Increase sensitivity to the consequences of behavior and having more realistic expectations: is a short term goal.

True
False

14. Explore underlying feelings of guilt, fears of rejection, low self esteem, dependency, and abandonment: is a long term goal.

True
False
15. Accomplish controlled behavior, moderated mood, and thought process through psychotherapy and medication: is a short term goal.

True
False

16. Encourage trust in the therapy relationship by sharing fears about dependency, loss, and abandonment: is a short term goal.

True
False

17. Accomplish mood stability, having slower reaction with anger, less expansive, and being more socially appropriate and sensitive: is a long term goal.

True
False

18. Encourage expression of grief, fear, and anger regarding real or imagined losses in life: is a long term goal.

True
False

19. Differ between real and imagined losses, rejections, and abandonment: is a short term goal.

True
False

20. Learn to be less agitated and distracted, and be able to sit quietly and calmly for 30 minutes: is a long term goal.

True
False