

**Temperament Scale of Memphis, Pisa, Paris and San Diego-Autoquestionnaire
Version (TEMPS-A) – Psychiatry Letter version (2019)**

Name: _____ Date: _____ Sex: M F Age: _____

Directions: Circle T (True) for all items that are true about you MOST OF THE TIME IN THE DISTANT PAST, meaning years ago, not how you currently feel.

IMPORTANT: DO NOT FOCUS ON HOW YOU FEEL NOW. DO NOT FILL THIS OUT BASED ON YOU HAVE FELT IN THE LAST FEW MONTHS OR IN THE PAST YEAR. FOCUS ON THE WAY YOU HAVE BEEN IN THE PAST FEW DECADES.

Circle F (False) for all the rest that don't apply to you for most of your life.

1. T F I'm the kind of person who doesn't like change very much.
2. T F I can really like someone a lot, and then completely lose interest in them.
3. T F I often get many great ideas.
4. T F I often feel wound up.
5. T F I put the needs of others above my own.
6. T F My moods and energy are either high or low, rarely in between.
7. T F When angry, I snap at people.
8. T F My mood often changes for no reason.
9. T F My feelings are easily hurt by criticism or rejection.
10. T F I am totally comfortable even with people I hardly know.
11. T F I often give in to others.
12. T F I'm the kind of person who believes everything will eventually turn out all right.
13. T F I often feel tired for no reason.

14. T F I love to tackle new projects, even if risky.
15. T F When crossed, I could get into a fight.
16. T F In a group, I would rather hear others talk.
17. T F I sometimes go to bed feeling great and wake up in the morning feeling life is not worth living.
18. T F I daydream a great deal about things that other people consider impossible to achieve.
19. T F I can accomplish many tasks without even getting tired.
20. T F I am by nature a dissatisfied person.
21. T F I feel all emotions intensely.
22. T F I am always on the go.
23. T F I often feel on edge.
24. T F I go back and forth between being outgoing and being withdrawn from others.
25. T F I'm usually in an upbeat or cheerful mood.
26. T F I get sudden shifts in mood and energy.
27. T F I am a very skeptical person.
28. T F The way I see things is sometimes vivid, but at other times lifeless.
29. T F I have great confidence in myself.
30. T F I often get so mad that I will just trash everything.
31. T F I often start things and then lose interest before finishing them.
32. T F Once I decide to accomplish something, nothing can stop me.
33. T F I constantly switch between being lively and sluggish

34. T F I can get so furious I could hurt someone.
35. T F My ability to think varies greatly from sharp to dull for no apparent reason.
36. T F I love to be with a lot of people.
37. T F I have abilities and expertise in many areas.
38. T F I am the kind of person you can always depend on.
39. T F I go back and forth between feeling overconfident and feeling unsure of myself.
40. T F I often have a strong urge to do outrageous things.
41. T F I am a grouchy (irritable) person.
42. T F I am the kind of person who falls in and out of love easily.
43. T F I have always blamed myself for what others might consider no big deal.
44. T F I am the kind of person who can be sad and happy at the same time.
45. T F People tell me I blow up out of nowhere.
46. T F Normally I can get by with less than 6 hours of sleep.
47. T F I am so jealous of my spouse (or lover), that I cannot stand it.
48. T F I would rather work for someone else than be the boss.
49. T F Life is a feast which I enjoy to the fullest.
50. T F I feel very uneasy meeting new people

Thank-you for taking the time to complete this questionnaire. If you have any questions,
feel free to ask your clinician.

RESULTS

<u>Temperament Scale</u>	<u># of Items</u>	<u>Threshold > 75% (Y/N)</u>	
Dysthymic	___/ 9	Y	N
Irritable	___/ 11	Y	N
Cyclothymic	___/ 17	Y	N
Hyperthymic	___/ 13	Y	N

Interpretation:

If the 75% threshold is reached, the diagnosis is highly likely. If a 50% threshold is reached but less than 75%, the diagnosis is possible. If multiple diagnoses are attained, then clinical correlation should be obtained, and/or the broader diagnosis should be made (e.g., if cyclothymia and dysthymia are each endorsed at >50%, then cyclothymia should be the primary diagnosis).

Note:

This rating scale was developed by Hagop Akiskal MD and colleagues and published in the Journal of Affective Disorders, which owns copyright (HS Akiskal et al, TEMPS-A: validation of a short version of a self-rated instrument designed to measure variations in temperament, Journal of Affective Disorders 85 (2005) 45 – 52.) This scoring guide was developed by Nassir Ghaemi MD for the Psychiatry Letter, and the cut-offs and interpretation for diagnosis are based on his research and reflect his recommendations. Distributions of this scoring guide for clinical purposes should acknowledge all contributors. Dissemination for publication or research for non-clinical purposes should obtain copyright permission from Journal of Affective Disorders and from Dr. Ghaemi.

Each item below applies to the relevant temperament. Add up the items endorsed for each scale and insert in the previous page.

D = dysthymia

C = cyclothymia

I = irritable

H = hyperthymia

TEMPS-A 50 Question Scoring Guide

1. D	26. C
2. C	27. I
3. H	28. C
4. I	29. H
5. D	30. I
6. C	31. C
7. I	32. H
8. C	33. C
9. D	34. I
10. H	35. C
11. D	36. H
12. H	37. H
13. C	38. D
14. H	39. C
15. I	40. C
16. D	41. I
17. C	42. C
18. C	43. D
19. H	44. C
20. I	45. I
21. C	46. H
22. H	47. I
23. I	48. D
24. C	49. H
25. H	50. D