

COBRA  
Cognitive complaints in bipolar disorder rating assessment

**Name:** \_\_\_\_\_ **NHS:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please answer all question by putting **a circle** around the **correct answer**, or the answer, you think best describes you.

**1. Do you have difficulties to remember peoples' names?**

0	1	2	3
Never	Sometimes	Often	Always

**2. Do you have difficulties to find objects of daily use (keys, glasses, wristwatch...)?**

0	1	2	3
Never	Sometimes	Often	Always

**3. Do you find it difficult to remember situations that were important to you?**

0	1	2	3
Never	Sometimes	Often	Always

**4. Is it hard for you to place important events in time?**

0	1	2	3
Never	Sometimes	Often	Always

**5. Do you find it hard to concentrate when reading a book or a newspaper?**

0	1	2	3
Never	Sometimes	Often	Always

**6. Do you have problems recalling what you have read or have been told recently?**

0	1	2	3
Never	Sometimes	Often	Always

**7. Do you have the feeling that you do not finish what you begin?**

0	1	2	3
Never	Sometimes	Often	Always

**8. Does it take you longer than normal to complete your daily tasks?**

0	1	2	3
Never	Sometimes	Often	Always

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**9. Have you ever felt disoriented in the street?**

0	1	2	3
Never	Sometimes	Often	Always

**10. When people remind you of a conversation or a comment you heard, do you get the impression that it is the first time you hear it?**

0	1	2	3
Never	Sometimes	Often	Always

**11. Is it sometimes difficult for you to find the words to express your ideas?**

0	1	2	3
Never	Sometimes	Often	Always

**12. Are you easily distracted?**

0	1	2	3
Never	Sometimes	Often	Always

**13. Do you find it hard to do simple mental calculations?**

0	1	2	3
Never	Sometimes	Often	Always

**14. Do you get the impression that you cannot follow a conversation?**

0	1	2	3
Never	Sometimes	Often	Always

**15. Have you noticed that you find it difficult to learn new information?**

0	1	2	3
Never	Sometimes	Often	Always

**16. Do you struggle to keep focused on a particular task for a long time?**

0	1	2	3
Never	Sometimes	Often	Always

Cognitive complaints in bipolar disorder rating assessment (COBRA), Rosa et al., J Affective Disorders 150:29-36, March 2013.