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Name: _____ Age: _____ Date: _____

Bipolar Spectrum Diagnostic Scale

Instructions: Please read through the entire passage below before filling in any of the blanks. You must print this page out in order to fill in the blanks.

Some individuals notice that their mood and/or energy levels shift drastically from time to time _____. These individuals notice that, at times, their mood and/or energy level is very low, and at other times, very high _____. During their "low" phases, these individuals often feel a lack of energy; a need to stay in bed or get extra sleep; and little or no motivation to do things they need to do _____. They often put on weight during these periods _____. During their low phases, these individuals often feel "blue," sad all the time, or depressed _____. Sometimes, during these low phases, they feel hopeless or even suicidal _____. Their ability to function at work or socially is impaired _____. Typically, these low phases last for a few weeks, but sometimes they last only a few days _____. Individuals with this type of pattern may experience a period of "normal" mood in between mood swings, during which their mood and energy level feels "right" and their ability to function is not disturbed _____. They might then notice a marked shift or "switch" in the way they feel _____. Their energy increases above what is normal for them, and they often get many things done they would not ordinarily be able to do _____. Sometimes, during these "high" periods, these individuals feel as if they have too much energy or feel "hyper" _____. Some individuals, during these high periods, may feel irritable, "on edge," or aggressive _____. Some individuals, during these high periods, take on too many activities at once _____. During these high periods, some individuals may spend money in ways that cause them trouble _____. They may be more talkative, outgoing, or sexual during these periods _____. Sometimes, their behavior during these high periods seems strange or annoying to others _____. Sometimes, these individuals get into difficulty with co-workers or the police, during these high periods _____. Sometimes they increase their alcohol or non-prescription drug use during these high periods _____.

Now that you have read this passage, please check one of the following four boxes:

- This story fits me very well, or almost perfectly (6pt).
- This story fits me fairly well (4pt).
- This story fits me to some degree, but not in most respects (2pt).
- This story doesn't really describe me at all (0pt).

Now please go back and put a check after each sentence that definitely describes you.

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Clinician Scoring:

- One point is given for each sentence checked.
- Add six points if subject checked "fits me very well"; four points for "fits me fairly well"; two points for "fits me to some degree"; and no points for "doesn't really describe me at all."
- Maximum total score is 25.

(Patient's score _____)

Scoring interpretation for Bipolar Spectrum Diagnostic Scale:

- 20 or higher: bipolar spectrum disorder highly likely
- 12-19: moderate probability of bipolar spectrum disorder
- 7-11: low probability of bipolar spectrum disorder
- <7: bipolar spectrum disorder very unlikely

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