

THE BIPOLAR SPECTRUM DIAGNOSTIC SCALE

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 are 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 or energy level feels "right" and their ability to function is not disturbed _____.

They may 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 those "high" periods, these individuals feel as if they have too much energy or feel "hyper" _____.

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 police during these high periods _____.

Sometimes, they increase their alcohol or nonprescription drug use during these high periods _____.

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

_____ This story fits me very well, or almost perfectly

_____ This story fits me fairly well

_____ This story fits me to some degree, but not in most respects

_____ This story doesn't really describe me at all

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

Scoring: Each sentence checked is worth one point. Add six points for "fits me very well" 4 points for "fits me fairly well" and 2 points for "fits me to some degree".

Threshold for positive diagnosis: score of 13 or above.