

Name _____

Date _____

Instructions: Please read through the entire passage below before filling in any 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 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 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 (consider your whole life when you answer, including recent times):

- | | |
|--|---|
| <input type="checkbox"/> This story fits me very well, or almost perfectly | 6 |
| <input type="checkbox"/> This story fits me fairly well | 4 |
| <input type="checkbox"/> This story fits me to some degree, but not in most respects | 2 |
| <input type="checkbox"/> This story does not really describe me at all | 0 |

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

Scoring

Add one point for each box checked in the paragraph, and 6, 4, 2 or 0 points for the final items. Scores greater than or equal to 13 are suggestive of bipolar disorder.

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Ghaemi SN et al, Sensitivity and specificity of a new bipolar spectrum diagnostic scale. *J Affect Disord.* 2005;84(2-3):273-7.