

## The Bipolarity Index

*Directions:* Circle the bulleted items that are positive in the patient's history. Score each of the five sections by circling the highest number (0-20) for which there is at least one positive item. The final score is the sum of all five sections.

<b>I. Episode Characteristics</b>	
20	<ul style="list-style-type: none"> <li>Acute manic or mixed episode with prominent euphoria, grandiosity or expansiveness and no significant medical or other secondary etiology.</li> </ul>
15	<ul style="list-style-type: none"> <li>Acute mixed episode or dysphoric or irritable mania with no significant medical or other secondary etiology.</li> </ul>
10	<ul style="list-style-type: none"> <li>Hypomanic episode with no significant medical or other secondary etiology; or</li> <li>Cyclothymia with no significant medical or other secondary etiology; or</li> <li>A manic episode within 12 weeks of starting an antidepressant.</li> </ul>
5	<ul style="list-style-type: none"> <li>A hypomanic episode within 12 weeks of starting an antidepressant</li> <li>Episodes with characteristic symptoms of hypomania, but symptoms, duration, or intensity are subthreshold for hypomania; or</li> <li>A single MDE with psychotic or atypical features (atypical is <math>\geq 2</math> of the following: hypersomnia, hyperphagia or leaden paralysis of limbs); or</li> <li>Any postpartum depression.</li> </ul>
2	<ul style="list-style-type: none"> <li>Recurrent unipolar major depressive disorder (<math>\geq 3</math> episode); or</li> <li>History of any kind of psychotic disorder (i.e., presence of delusions, hallucinations, ideas of reference or magical thinking).</li> </ul>
0	<ul style="list-style-type: none"> <li>No history of significant mood elevation, recurrent depression or psychosis.</li> </ul>
<b>II. Age of Onset (first affective episode or syndrome)</b>	
20	<ul style="list-style-type: none"> <li>15 to 19 years.</li> </ul>
15	<ul style="list-style-type: none"> <li>Before age 15 or between age 20 and 30.</li> </ul>
10	<ul style="list-style-type: none"> <li>30 to 45 years.</li> </ul>
5	<ul style="list-style-type: none"> <li>After age 45.</li> </ul>
0	<ul style="list-style-type: none"> <li>No history of affective illness (no episodes, cyclothymia, dysthymia or bipolar-NOS).</li> </ul>
<b>III. Course of Illness &amp; Associated Features</b>	
20	<ul style="list-style-type: none"> <li>Recurrent, distinct manic episodes separated by at least 2 months of full recovery.</li> </ul>
15	<ul style="list-style-type: none"> <li>Recurrent, distinct manic episodes with incomplete inter-episode recovery; or</li> <li>Recurrent, distinct hypomanic episodes with full inter-episode recovery.</li> </ul>
10	<ul style="list-style-type: none"> <li>Any substance use disorder (excluding nicotine/caffeine); or</li> <li>Psychotic features only during acute mood episodes; or</li> <li>Incarceration or repeated legal offenses related to manic behavior (e.g. shoplifting, reckless driving or bankruptcy).</li> </ul>
5	<ul style="list-style-type: none"> <li>Recurrent unipolar MDD with <math>\geq 3</math> or more major depressive episodes; or</li> <li>Recurrent, distinct hypomanic episodes without full inter-episode recovery; or</li> <li>Borderline personality disorder, anxiety disorder (including PTSD and OCD), eating disorder; or history of ADHD with onset before puberty; or</li> <li>Engagement in gambling or other risky behaviors with the potential to pose a problem for patient, family or friends; or</li> <li>Behavioral evidence of perimenstrual exacerbation of mood symptoms.</li> </ul>
2	<ul style="list-style-type: none"> <li>Baseline hyperthymic personality when not manic or depressed; or</li> <li>Marriage 3 or more times (including remarriage to the same individual); or</li> <li>In two or more years, has started a new job and changed jobs after less than a year; or</li> <li>Has more than two advanced degrees.</li> </ul>
0	<ul style="list-style-type: none"> <li>None of the above.</li> </ul>
<b>IV. Response to Treatment</b>	
20	<ul style="list-style-type: none"> <li>Full recovery within 4 weeks of therapeutic treatment with a mood stabilizer.</li> </ul>
15	<ul style="list-style-type: none"> <li>Full recovery within 12 weeks of therapeutic treatment with a mood stabilizer or relapse within 12 weeks of discontinuing treatment; or</li> <li>Affective switch to mania (pure or mixed) within 12 weeks of starting a new antidepressant or increasing dose.</li> </ul>
10	<ul style="list-style-type: none"> <li>Worsening dysphoria or mixed symptoms during antidepressant treatment subthreshold for mania (exclude worsening that is limited to known antidepressant side effects such as akathisia, anxiety or sedation); or</li> <li>Partial response to one or two mood stabilizers within 12 weeks of therapeutic treatment; or</li> <li>Antidepressant-induced new or worsening rapid-cycling course.</li> </ul>
5	<ul style="list-style-type: none"> <li>Treatment resistance: lack of response to complete trials of 3 or more antidepressants; or</li> <li>Affective switch to mania or hypomania with antidepressant withdrawal.</li> </ul>
2	<ul style="list-style-type: none"> <li>Immediate, near-complete response to antidepressant withdrawal within 1 week or less.</li> </ul>
0	<ul style="list-style-type: none"> <li>None of the above, or no treatment.</li> </ul>
<b>V. Family History</b>	
20	<ul style="list-style-type: none"> <li>At least one first-degree relative with clear bipolar disorder.</li> </ul>
15	<ul style="list-style-type: none"> <li>At least one second-degree relative with clear bipolar disorder; or</li> <li>At least one first-degree relative with recurrent unipolar MDD and behavioral evidence suggesting bipolar disorder.</li> </ul>
10	<ul style="list-style-type: none"> <li>First-degree relative with recurrent unipolar MDD or schizoaffective disorder; or</li> <li>Any relative with clear bipolar disorder or recurrent unipolar MDD and behavioral evidence suggesting bipolar disorder.</li> </ul>
5	<ul style="list-style-type: none"> <li>First-degree relative with clear substance use disorder (excluding nicotine/caffeine); or</li> <li>Any relative with possible bipolar disorder.</li> </ul>
2	<ul style="list-style-type: none"> <li>First-degree relative with possible recurrent unipolar MDD; or</li> <li>First-degree relative with anxiety disorder (including PTSD and OCD), eating disorder or ADD/ADHD.</li> </ul>
0	<ul style="list-style-type: none"> <li>None of the above or no family history of psychiatric disorders.</li> </ul>
<p>← Total score (0 – 100). Add the highest number in each section. A score <math>\geq 50</math> indicates a high probability of bipolar disorder.</p>	