

## The Sydney Bipolar Screener

Apart from times when you are depressed or in a normal mood state, do you have times when you feel “up”? If so, check whether you experience any of the following features.

I have very high levels of energy	<input type="checkbox"/> Yes <input type="checkbox"/> No
I feel “bulletproof” or invulnerable	<input type="checkbox"/> Yes <input type="checkbox"/> No
I talk over people and am difficult to interrupt	<input type="checkbox"/> Yes <input type="checkbox"/> No
My thoughts race so quickly that it is difficult to retain them	<input type="checkbox"/> Yes <input type="checkbox"/> No
I am irritable and angry	<input type="checkbox"/> Yes <input type="checkbox"/> No
My judgment becomes impaired	<input type="checkbox"/> Yes <input type="checkbox"/> No
I am much more creative	<input type="checkbox"/> Yes <input type="checkbox"/> No
I am very distractible	<input type="checkbox"/> Yes <input type="checkbox"/> No
I feel that I can achieve great things	<input type="checkbox"/> Yes <input type="checkbox"/> No
I talk more quickly	<input type="checkbox"/> Yes <input type="checkbox"/> No

Score 1 point for each item endorsed. For patients with a history of depression, a score of 6 or more suggests a strong likelihood of bipolar disorder (97% sensitivity and 96% specificity).