Instructions:

1. 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 ___.

2. Now that you have read this passage, please check one 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 does not really describe me at all

3. Now please go back and put a check after each sentence that definitely describes you.
The Bipolar Spectrum Diagnostic Scale

**BSDS Scoring:**

Each sentence checked is worth one point. Add six points for “fits me very well,” 4 points for “fits me fairly well,” and two points for “fits me to some degree.”

Total score Likelihood of bipolar disorder (from Ghaemi)

0 – 6 Highly unlikely
7 – 12 Low risk
13– 19 Moderate risk
20– 25 High risk

**Optimum threshold for positive diagnosis: score of 13 or above.**

Sensitivity to Bipolar I & II: .75
Specificity in unipolar depressed outpatients: .93

Diagnostic Likelihood for Positive (DLR+): 10.7
Diagnostic Likelihood for Positive (DLR+): .27

**Reference:**