

The Mathers Clinic - BSDS - The Bipolar Spectrum Diagnostic Scale

Name: _____ Date: _____/_____/_____

1. Instructions: Please read through the entire passage below before filling in any blanks.

Some individuals notice 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 levels 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 below:

- These story fits me very well, or almost perfectly
- These story fits me fairly well
- These story fits me to some degree, but not in most respects
- These story does not really describe me at all

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

Adaptated From BSDS by Dr. Nassir Ghaemi and Dr. Ron Pies



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