

# Bipolar Spectrum Diagnostic Scale

**To use this scale, first read the entire passage below (the blanks are provided for a later step):**

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 check one of the following four boxes:**

- This story fits me very well.
- 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.

**Next, put a checkmark after each sentence in the passage above that definitely describes you.**