

# The Bipolar Spectrum Diagnostic Scale (BSDS)

Instructions: 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 coworkers or the police, during these high periods \_\_\_\_\_. Sometimes, they increase their alcohol or non-prescription drug use during these high periods \_\_\_\_\_.

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.

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

## Bipolar Spectrum Diagnostic Scale (BSDS) Scoring

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

### Total Score Likelihood of Bipolar Disorder

- 0-6 Highly unlikely
- 7-12 Low probability
- 13-19 Moderate probability
- 20-25 High probability

Optimum threshold for positive diagnosis: Score of 13 or above.