

First read the passages below.  
Next check one of the four  
boxes in the lower right section.  
Then place a check mark at  
the end of each sentence below  
that definitely describes you.

## The Bipolar Spectrum Diagnostic Scale

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 some-  
times 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 those "high" periods, these individuals  
feel as if they have too much energy or feel "hyper" \_\_\_\_\_.

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-work-  
ers or police during these high periods \_\_\_\_\_.

Sometimes, they increase their alcohol or nonprescription  
drug use during these high periods. \_\_\_\_\_

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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 doesn't really describe me at all

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

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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."

Threshold for positive diagnosis: score of 13 or above.

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