

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 level shifts 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 or 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 nonprescription 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 doesn't really describe me at all.

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

Scoring: Each sentence checked is worth 1 point. Add 6 points for "fits me very well," 4 points for "fits me fairly well," and 2 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

Source: From SN Ghaemi, et al. Sensitivity and specificity of a new bipolar spectrum diagnostic scale. *J Affect Disord.* 2005; 84(2-3):273-277, with permission.

Optimal threshold for positive diagnosis: score of 13 or above.



CLINICAL EVALUATION GUIDE

Date _____
 Name _____
 Third-party report obtained Y__ N__ If yes, who: _____
 Current psychiatrist: _____
 Current psychotherapist: _____
 Demographics Age (years): _____
 Gender: M __ F __
 Ethnicity: _____
 Marital status: M S D
 Socioeconomic status Employed: Y __ N __
 Occupation most of life: _____
 Highest education level: _____
 Lives alone: Y __ N __
 If no, with whom: _____

Current medications _____
 Drug allergies Y __ N __ If yes: _____
 Current substance abuse Y __ N __ If yes: _____
 Past substance abuse Y __ N __ If yes: _____
 # past hospitalizations _____
 # past suicide attempts _____
 PMH _____
 FH _____

SH _____
 Past AD use Y __ N __ If yes: _____
 Past AD-induced mania Y __ N __ NA __ If yes: _____
 Past manic symptoms D I G F A S T
 Verbal description: _____
 Duration: _____

Manic symptoms
(past week)

D I G F A S T

Depressive symptoms
(past 2 weeks)

Last mania/hypomania:

Current delusions
or hallucinations

S I G E C A P S

Past delusions
or hallucinations

Last depression:

Current SI

Y ___ N ___ If yes:

Y ___ N ___ If yes:

Y ___ N ___ If yes:

Plan: Y ___ N ___ If yes:

Intent: Y ___ N ___ If yes:

Best estimate *primary*
DSM-IV diagnosis
Circle one only

BDI BDII BDNOS UD SZ

SA/BD SA/UD

Substance abuse

Other:

Current RC

Y ___ N ___

Best estimate DSM-IV
comorbid diagnoses:

CGI severity of illness
(1-7; 1, not ill; 2,
minimally; 3, mild;
4, moderate; 5,
marked; 6, severe;
7, among the most
severely ill)

Overall: _____

Mania: _____

Depression: _____

Age of onset of mood
disorder (years)

Type of first episode
(circle one)

Manic Depressive Mixed
Hypomanic

depressive episodes

Exact #: ___ or >20

Age of onset:

manic/hypomanic
episodes

Exact #: ___ or >20

Age of onset:

Misdiagnosis

Age of first MH treatment:

First diagnosis:

Age of first bipolar diagnosis:

Depression

Atypical: Y N

characteristics

Duration of MDEs (months):

Postpartum: Y ___ N ___

Psychotic: Y ___ N ___

Antidepressant response

TRD: Y ___ N ___ NA ___

Indeterminate ___

Tolerance: Y ___ N ___ NA ___

Indeterminate ___

Rapid cycling: Y ___ N ___ NA ___

Indeterminate ___

Cycle acceleration: Y ___ N ___

NA ___ Indeterminate ___

Baseline personality

Dysthymic

Normothymic

Hyperthymic

Cyclothymic

Past Medication Trials

Name	Duration (weeks)	Main Dose (mg/day)	Benefit	Side Effects	Reason Stopped	Other Agents in Same Trial

Clinical Note:

Signature: _____

**RECOMMENDED BOOKS AND WEBSITES**TABLE 26.1. Books and Websites List
for Patients and Families**Books**

- Ghaemi N. *Mood Disorders: A Practical Guide, Second Edition*. Philadelphia: Lipincott-Williams & Wilkins; 2008.
- Phelps J. *Why Am I Still Depressed?* New York: McGraw-Hill; 2006.
- Olivenstein L. *Taming Bipolar Disorder*. New York: Penguin; 2005.
- McManamy J. *Living Well with Bipolar Disorder and Depression*. New York: HarperCollins; 2006.

Websites

- www.mcmanweb.com** A great website by John McManamy, a writer who has bipolar illness, on depression and bipolar disorder.
- www.psycheducation.org**—This is a great educational resource run by Dr. Jim Phelps, an active clinician with experience in bipolar disorder.
- www.mhsource.com** This is a very good website run by a company named CME, Inc., which is highly regarded in medical education.
- www.bipolarworld.net** This is a website with good educational information and useful links to other relevant websites.
- www.dbsalliance.org** This is the website of the depressive and bipolar support alliance. It can help you find local support groups.
- www.nami.org** This is the website of the National Alliance for the Mentally Ill. It can help you find local support groups.