Bipolar Spectrum Diagnostic Scale

Please put a checkmark after each sentence that accurately describes you:

Some individuals noticed that their mood and/or energy levels shift drastically from time to time ______. These individuals notice that, at times, they are moody and/or energy level is very low, and at other times, and 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 the low phases, they feel helpless or even suicidal _____. Their ability to function at work or socially is impaired ______. Typically, the 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 noticed they 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 had too much energy or feel "hyper" ______. Some individuals, during these high periods, may feel irritable, "on edge," or aggressive ______. Some individuals, during the high periods, take on too many activities at once ______. During the 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 the high periods seems strange or annoying to others ______. Sometimes, these individuals get into difficulty with co-workers or police during these high periods ______. Sometimes, they increase their alcohol or nonprescription drug use during the high periods ______.

Please place one checkmark beside the most accurate sentence below:

_____ 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.

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https://psycheducation.org/diagnosis/the-bipolar-spectrum-diagnostic-scale/

For scoring, see:

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