

BSDS

Instructions:

1. 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 co-workers or the police, during these high periods____. Sometimes, they increase their alcohol or non-prescription drug use during these high periods____.

2. 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

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

The Bipolar Spectrum Diagnostic Scale

BSDS 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.”

Total score Likelihood of bipolar disorder (from Ghaemi)

0 – 6 Highly unlikely

7 – 12 Low risk

13– 19 Moderate risk

20– 25 High risk

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

Sensitivity to Bipolar I & II: .75

Specificity in unipolar depressed outpatients: .93

Diagnostic Likelihood for Positive (DLR+): 10.7

Diagnostic Likelihood for Positive (DLR+): .27

Reference:

Ghaemi, S. N., Miller, C. J., Berv, D. A., Klugman, J., Rosenquist, K. J., & Pies, R. W. (2005). Sensitivity and specificity of a new bipolar spectrum diagnostic scale. *Journal of Affective Disorders*, 84(2-3), 273-277.