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Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Bipolar Spectrum Diagnostic Scale (BSDS)

**Directions:** First, read the following paragraph all the way through, ignoring the blanks. Then follow the instructions that appear after the paragraph.

Some individuals noticed 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 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 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 \_\_\_\_\_. Sometimes, during those high periods, these individuals feel as if they have too much energy, or feel hyper \_\_\_\_\_. Some individuals, during the 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 \_\_\_\_\_.

**Directions**: Now go back through the paragraph, and put a check mark after each sentence that accurately describes you.

After you have read the passage and checked the appropriate sentences, please circle which of the following is most accurate for you:

* 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.