

# MEASURE™

Modeling Effective Antipsychotic Therapeutic Success by Utilizing Real Evidence

P A T I E N T E D U C A T I O N T O O L S

## 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 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\_\_\_\_.

**Now that you have read the passage, please check one of the following four boxes**

- This story fits me very well, or almost perfectly                       This story fits me to some degree, but not in most respects
- This story fits me fairly well     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
7-2	Low Probability
13-19	Moderate Probability
20-25	High Probability
Optimum threshold for positive diagnosis: score of 13 or above	

Source: Ghaemi SN, Miller CJ, Berv DA, et al. *J Affect Disord.* 2005;84:273-277.



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