



## **BIPOLAR DISORDER SELF-ASSESSMENT TEST**

(Clinician version)

### **Introduction**

This self-completed measure provides a first-stage screen for the possibility of Bipolar Disorder by assessing features of 'highs'. It was initially made available in October 2001 and was further refined in May 2005 on the basis of several Institute research studies and feedback from the community.

### **Author**

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### **Scoring instructions**

Items are scored as follows:

Much more than usual = 2

Somewhat more than usual = 1

No more than usual = 0

The total score is the sum of all 27 items.

### **Results**

#### **22 or more**

A score of 22 or more, together with episodes of clinical depression, suggest possible Bipolar I or II Disorder, and would warrant detailed clinical assessment.

#### **Less than 22**

A score of less than 22 is only returned by about 2% of those with true Bipolar Disorder, so that if the score is less than 22, the likelihood of the individual having the condition is low – but cannot be excluded.

This self-assessment test may also be done online, on the Black Dog Institute website – at: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)



## BIPOLAR DISORDER SELF-ASSESSMENT TEST

This Self-Assessment Test comprises three initial questions followed by a checklist. Only if you answer 'yes' to the first three questions should you continue on with the checklist.

At the end of the test you will be given your results.

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**Firstly**, have you had episodes of clinical depression – involving a period of **at least 2 weeks** where you were significantly depressed and unable to work or only able to work with difficulty – and had at least 4 of the following:

- Loss of interest and pleasure in most things
- Appetite or weight change
- Sleep disturbance
- Physical slowing or agitation
- Fatigue or low energy
- Feeling hopeless and helpless
- Poor concentration
- Suicidal thoughts?

If YES, proceed.

**Secondly**, do you have times when your mood 'cycles', that is, do you experience 'ups' as well as depressive episodes?

If YES, proceed.

**Thirdly**, during the 'ups' do you feel more 'wired' and 'hyper' than you would experience during times of normal happiness?

If YES, proceed.

Please complete the checklist below, rating the extent to which each item applies to you during such 'up' times.

	No more than usual	Somewhat more than usual	Much more than usual
1. Feel more confident and capable			
2. See things in a new and exciting light	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Feel very creative with lots of ideas and plans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Become over-involved in new plans and projects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Become totally confident that everything you do will succeed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Feel that things are very vivid and crystal clear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Spend, or wish to spend, significant amounts of money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Find that your thoughts race	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Notice lots of coincidences occurring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Note that your senses are heightened and your emotions intensified	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Work harder, being much more motivated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Feel one with the world and nature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Believe that things possess a 'special meaning'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Say quite outrageous things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Feel 'high as a kite', elated, ecstatic and 'the best ever'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Feel irritated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Feel quite carefree, not worried about anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Have much increased interest in sex (whether thoughts and/or actions)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Feel very impatient with people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Laugh more and find lots of things humorous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Read special significance into things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Talk over people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Have quite mystical experiences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Do fairly outrageous things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Sleep less and not feel tired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Sing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Feel angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Your doctor will help you score and understand this test when you are finished.**