

# Screening for Bipolar Spectrum Disorders

This questionnaire is designed to screen for the possibility of a disorder in the bipolar spectrum in individuals, 18 or older, who have had at least one depression severe enough to have caused them distress and/or interfered with their functioning at home, work, school or in their interpersonal relationships.

This questionnaire is to be used as directed by and as part of the evaluation process by the **Office of Howard S. Rudominer, MD, PA. A psychiatric diagnosis can only be made by a psychiatrist after a full psychiatric evaluation.**

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Print out the questionnaire below and indicate your answers.

The items below refer to how you have felt and behaved over much of your life. If you have usually been one way, and have recently changed, your responses should reflect how you have USUALLY been. Circle one of the numbers under each item using the following scale:

0 = Not at all                      1 = Just a little                      2 = Somewhat  
3 = Moderately                      4 = Quite a lot                      5 = Very much

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1. At times I am much more talkative or speak much faster than usual.

0 1 2 3 4 5

2. There have been times when I was much more active or did many more things than usual.

0 1 2 3 4 5

3. I get into moods where I feel very speeded up or irritable.

0 1 2 3 4 5

4. There have been times when I have felt both high (elated) and low (depressed) at the same time.

0 1 2 3 4 5

5. At times I have been much more interested in sex than usual.

0 1 2 3 4 5

6. My self-confidence ranges from great self-doubt to equally great overconfidence.

0 1 2 3 4 5

7. There have been GREAT variations in the quantity or quality of my work.

0 1 2 3 4 5

8. For no apparent reason I sometimes have been VERY angry or hostile.

0 1 2 3 4 5

9. I have periods of mental dullness and other periods of very creative thinking.

0 1 2 3 4 5

10. At times I am greatly interested in being with people and at other times I just want to be left alone with my thoughts.

0 1 2 3 4 5

11. I have had periods of great optimism and other periods of equally great pessimism.  
0 1 2 3 4 5

12. I have had periods of tearfulness and crying and other times when I laugh and joke excessively.  
0 1 2 3 4 5

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