

## CIDI-based Bipolar Disorder screening scale\*

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: [ ] Male [ ] Female Date: \_\_\_\_\_

**Instructions:** The complete set of 12 Questions takes approximately three minutes to complete.

2 Stem Questions: Question 1 & 2

Respondents who fail to endorse either of these first two questions are skipped out of the remainder of the question series.

1 Criterion B Screening Question: Question 3

Respondents who fail to endorse this question after endorsing one of the first two stem questions (above) are skipped out of the remainder of the question series.

Respondents who do endorse this question are then administered the 9 additional symptom questions.

9 Criterion B Symptom Questions

Each of the 9 symptom questions are administered

	Yes	No
<b>I. Stem questions</b> <b>Euphoria stem question</b> 1. Some people have periods lasting several days or longer when they feel much more excited and full of energy than usual. Their minds go too fast. They talk a lot. They are very restless or unable to sit still and they sometimes do things that are unusual for them, such as driving too fast or spending too much money. Have you ever had a period like this lasting several days or longer? <i>If this question is endorsed, the irritability stem question is skipped and the respondent goes directly to the Criterion B screening question.</i>		
<b>Irritability stem question</b> 2. Have you ever had a period lasting several days or longer when most of the time you were so irritable or grouchy that you either started arguments, shouted at people or hit people?		
<b>II. Criterion B screening question</b> 3. People who have episodes like this often have changes in their thinking and behavior at the same time, like being more talkative, needing very little sleep, being very restless, going on buying sprees, and behaving in ways they would normally think are inappropriate. Did you ever have any of these changes during your episodes of being excited and full of energy/very irritable or grouchy?		
<b>III. Criterion B symptom questions</b> Think of an episode when you had the largest number of changes like these at the same time. During that episode, which of the following changes did you experience? 1. Were you so irritable that you either started arguments, shouted at people, or hit people? <i>This question is asked only if the euphoria stem question is endorsed.</i>		
2. Did you become so restless or fidgety that you paced up and down or couldn't stand still?		
3. Did you do anything else that wasn't usual for you - like talking about things you would normally keep private, or acting in ways that you'd usually find embarrassing?		
4. Did you try to do things that were impossible to do, like taking on large amounts of work?		
5. Did you constantly keep changing your plans or activities?		
6. Did you find it hard to keep your mind on what you were doing?		
7. Did your thoughts seem to jump from one thing to another or race through your head so fast you couldn't keep track of them?		
8. Did you sleep far less than usual and still not get tired or sleepy?		
9. Did you spend so much more money than usual that it caused you to have financial trouble?		

### Interpretation of scores:

Scores may be collapsed for reference purposes, if desired, as follows:

Very high risk (80% or more)	9 questions with positive endorsement
High risk (50-79%)	7-8 questions with positive endorsement
Moderate risk (25-49%)	6 questions with positive endorsement
Low risk (5-24%)	5 questions with positive endorsement
Very low risk (less than 5%)	0-4 questions with positive endorsement

Further medical assessment for bipolar disorder is clearly warranted if a patient answers positively to at least 7 questions.