

Bipolar Spectrum Diagnostic Scale (BSDS)

The BSDS is a self-administered screening tool designed to identify bipolar spectrum disorders. It focuses on recognizing attenuated or atypical forms of bipolar disorders, which are often difficult to diagnose with other questionnaires. This test is useful in clinical practice as an initial screening tool.

Number of questions	19 questions
Estimated duration	5 minutes
Language	English
Original name	Bipolar Spectrum Diagnostic Scale
Target audience	Adults
Authors	Ronald Pies (2000)
Category	Mood disorders

Preview of the 19 questions

Some people notice that their mood and/or energy level changes markedly from time to time

yes no

These people find that at some times their mood and/or energy level is very low, while at other times it is very high

yes no

During these so-called "low" periods, these people often feel a lack of energy, an increased need to stay in bed or sleep more, and little or no motivation to carry out necessary activities

yes no

They tend to gain weight during these periods

yes no

During the low phases, these people frequently feel persistently sad, downhearted, or depressed

yes no

Scoring & interpretation

The scale consists of a short narrative with which the patient must identify, followed by several dichotomous questions. The total score is calculated by summing the positive answers. A high score indicates an increased likelihood of a bipolar spectrum disorder. Scores are interpreted according to specific cutoffs recommended in the manual.