BSSQ

Bipolar Spectrum Screening Questionnaire (BSSQ)

The BSSQ is a self-report tool designed to screen for bipolar spectrum disorders. It helps identify symptoms consistent with bipolar disorder, particularly in patients who may not present with classic manic symptoms. It does not replace a clinical diagnosis but points the clinician toward a more in-depth assessment.

Number of questions	12 questions
Estimated duration	5 minutes
Language	English
Original name	Bipolar Spectrum Screening Questionnaire
Target audience	Adults
Authors	Ivan K. Goldberg (2001)
Category	Mood disorders

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is answered Yes/No. A certain number of positive answers (usually 7 or more) indicates a high likelihood of a bipolar spectrum disorder and calls for further clinical assessment.

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 Laura V. - Online Psychologist