

The Sydney Bipolar Screener

Apart from times when you are depressed or in a normal mood state, do you have times when you feel “up”? If so, check whether you experience any of the following features.

| | | |
|---|-----|----|
| I have very high levels of energy | Yes | No |
| I feel “bulletproof” or invulnerable | Yes | No |
| I talk over people and am difficult to interrupt | Yes | No |
| My thoughts race so quickly that it is difficult to retain them | Yes | No |
| I am irritable and angry | Yes | No |
| My judgment becomes impaired | Yes | No |
| I am much more creative | Yes | No |
| I am very distractible | Yes | No |
| I feel that I can achieve great things | Yes | No |
| I talk more quickly | Yes | No |

Score 1 point for each item endorsed. For patients with a history of depression, a score of 6 or more suggests a strong likelihood of bipolar disorder (97% sensitivity and 96% specificity).

From the Article:
“How to Diagnose Bipolar Disorder”
by Gordon Parker, MD, PhD, DSc

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