

The Center for Human Resources

Bipolarity Index

Dimension	20 points	15 points	10 points	5 points	2 points
Episode Characteristics	Manic symptoms with "prominent <i>euphoria</i> , grandiosity or expansiveness".	Manic symptoms with <i>dysphoria</i> , irritability	Hypomanic symptoms; or mania following an antidepressant	Hypomanic symptoms following an antidepressant; or hypomania below DSM threshold; or major soft signs : atypical or postpartum depression	Psychosis, without other signs of mania
Age of Onset	15-19	<15 or 20-30	30-45	>45	--
Illness Course (and Other Features)	Manic episodes separated by periods of full recovery	Incomplete recovery between manic episodes; or hypomania with full recovery between episodes	Mania, incomplete recovery, but also substance use; or psychosis only during mood episodes; or legal problems associated with mania	Repeated episodes of <i>Unipolar</i> depression, no hypomania (3 or more); or hypomania with incomplete recovery between episodes; or any of several other features: <u>borderline</u> ; <u>anxiety</u> disorder; ADHD as a child; gambling or other risk behaviors without mania per se; or <u>PMS</u>	<u>Hyperthymic</u> temperament; ≥3 marriages, or two jobs in two years; or two advanced degrees (see <u>Akiskal</u> reference on these latter features)
Response to Medications	Full recovery within 4 weeks of treatment with mood stabilizers	Full recovery within 12 weeks of treatment; or relapse within 12 weeks of stopping mood stabilizers; or switch to mania within 12 weeks of starting antidepressant	Worsening dysphoria or mixed state symptoms during antidepressant; or partial response to mood stabilizers; or antidepressant induced rapid cycling or worsening thereof	Lack of response to 3 or more antidepressants; or mania/hypomania when antidepressant <i>stopped</i>	Immediate response , almost complete, to antidepressant within 1 week or less
Family History	1st degree relative (brother/sister, parent, or child) with <i>clear bipolar</i> disorder	2nd degree relative with bipolar diagnosis; or 1st degree relative with recurring <i>Unipolar</i> depression and features suggestive of bipolar disorder	1st degree relative with recurring <i>Unipolar</i> depression or <i>schizoaffective</i> disorder; or any relative with <i>clear bipolar</i> diagnosis; or any other relative with <i>Unipolar</i> depression and symptoms suggestive of bipolar	1st degree relative has clear problem with <i>drugs</i> or <i>alcohol</i>	1st degree relative has <i>repeated episodes of depression</i> ; or has an anxiety disorder, an eating disorder, or ADHD

TOTAL SCORE: _____

Most Bipolar I patients score above 60 - 70.