The Bipolarity Index

Directions: Circle the bulleted items that are positive in the patient's history. Score each of the five sections by circling the highest number (0-20) for which there is at least one positive item. The final score is the sum of all five sections.

	I. Episode Characteristics
20	• Acute manic or mixed episode with prominent euphoria, grandiosity or expansiveness and no significant medical or other secondary etiology.
15	• Acute mixed episode or dysphoric or irritable mania with no significant medical or other secondary etiology.
10	• Hypomanic episode with no significant medical or other secondary etiology; or • Cyclothymia with no significant medical or other secondary etiology; or • A manic episode within 12 weeks of starting an antidepressant.
5	• A hypomanic episode within 12 weeks of starting an antidepressant • Episodes with characteristic symptoms of hypomania, but symptoms, duration, or intensity are subthreshold for hypomania; or • A single MDE with psychotic or atypical features (atypical is ≥2 of the following: hypersomnia, hyperphagia or leaden paralysis of limbs); or • Any postpartum depression.
2	• Recurrent unipolar major depressive disorder (≥3 episode); or • History of any kind of psychotic disorder (i.e., presence of delusions, hallucinations, ideas of reference or magical thinking).
0	• No history of significant mood elevation, recurrent depression or psychosis.
	II. Age of Onset (first affective episode or syndrome)
20	• 15 to 19 years.
15	• Before age 15 or between age 20 and 30.
10	• 30 to 45 years.
5	• After age 45.
0	• No history of affective illness (no episodes, cyclothymia, dysthymia or bipolar-NOS).
	III. Course of Illness & Associated Features
20	• Recurrent, distinct manic episodes separated by at least 2 months of full recovery.
15	• Recurrent, distinct manic episodes with incomplete inter-episode recovery; or • Recurrent, distinct hypomanic episodes with full inter-episode recovery.
10	• Any substance use disorder (excluding nicotine/caffeine); or • Psychotic features only during acute mood episodes; or • Incarceration or repeated legal offenses related to manic behavior (e.g. shoplifting, reckless driving or bankruptcy).
5	• Recurrent unipolar MDD with ≥3 or more major depressive episodes; or • Recurrent, distinct hypomanic episodes without full inter-episode recovery; or • Borderline personality disorder, anxiety disorder (including PTSD and OCD), eating disorder; or history of ADHD with onset before puberty; or • Engagement in gambling or other risky behaviors with the potential to pose a problem for patient, family or friends; or • Behavioral evidence of perimenstrual exacerbation of mood symptoms.
2	• Baseline hyperthymic personality when not manic or depressed; or • Marriage 3 or more times (including remarriage to the same individual); or • In two or more years, has started a new job and changed jobs after less than a year; or • Has more than two advanced degrees.
0	• None of the above.
	IV. Response to Treatment
20	• Full recovery within 4 weeks of therapeutic treatment with a mood stabilizer.
15	• Full recovery within 12 weeks of therapeutic treatment with a mood stabilizer or relapse within 12 weeks of discontinuing treatment; or • Affective switch to mania (pure or mixed) within 12 weeks of starting a new antidepressant or increasing dose.
10	• Worsening dysphoria or mixed symptoms during antidepressant treatment subthreshold for mania (exclude worsening that is limited to known antidepressant side effects such as akathisia, anxiety or sedation); or • Partial response to one or two mood stabilizers within 12 weeks of therapeutic treatment; or • Antidepressant-induced new or worsening rapid-cycling course.
5	• Treatment resistance: lack of response to complete trials of 3 or more antidepressants; or • Affective switch to mania or hypomania with antidepressant withdrawal.
2	• Immediate, near-complete response to antidepressant withdrawal within 1 week or less.
0	• None of the above, or no treatment.
	V. Family History
20	• At least one first-degree relative with clear bipolar disorder.
15	• At least one second-degree relative with clear bipolar disorder; or • At least one first-degree relative with recurrent unipolar MDD and behavioral evidence suggesting bipolar disorder.
10	• First-degree relative with recurrent unipolar MDD or schizoaffective disorder; or • Any relative with clear bipolar disorder or recurrent unipolar MDD and behavioral evidence suggesting bipolar disorder.
5	• First-degree relative with clear substance use disorder (excluding nicotine/caffeine); or • Any relative with possible bipolar disorder.
2	• First-degree relative with possible recurrent unipolar MDD; or • First-degree relative with anxiety disorder (including PTSD and OCD), eating disorder or ADD/ADHD.
0	• None of the above or no family history of psychiatric disorders.
	← Total score (0 – 100). Add the highest number in each section. A score ≥50 indicates a high probability of bipolar disorder.