

Appendix 3: Bipolarity Index

For each of the items below circle the item characteristic of the patient

- Most convincing characteristic = 20
- Convincing characteristic of Bipolar Disorder = 15
- Known associated feature of Bipolar Disorder = 10
- Nonspecific feature suggestive of Bipolar Disorder = 5
- Feature with possible relationship to Bipolar Disorder = 2
- No evidence of Bipolar Disorder = 0

I Episode Characteristics Score = / 20

- 20 Documented acute mania or mixed episode with prominent euphoria, grandiosity or expansiveness and no significant general medical or known secondary etiology
- 15 Clear-cut acute mixed episode or dysphoric, or irritable mania with no significant general medical or known secondary etiology
- 10 Clear-cut hypomania with no significant general medical or known secondary etiology
- 5 Clear-cut cyclothymia with no significant general medical or known secondary etiology
- 5 Clear-cut mania secondary to antidepressant use
- 5 Clear-cut hypomania secondary to antidepressant use
- Episodes with characteristics sx's of hypomania but symptoms, duration or intensity are subthreshold for hypomania or cyclothymia
 - A single major depressive episode with psychotic or atypical features (atypical = 2 of 3: hypersomnia, hyperphagia, leaden paralysis of limbs)
 - Any postpartum depression
 - Any recurrent typical unipolar major depressive disorder
- 2 History of any kind of psychotic episode (ie, 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 (1st affective episode/syndrome) Score = / 20

- 20 Age 15-19 yrs
- 15 Age <15 or 20-30
- 10 First episode age 30-45
- 5 First episode >45
- 0 No history of affective illness (no episodes, cyclothymia, dysthymia or BP NOS)

III Course of Illness/Associated Features Score = / 20

- 20 Recurrent distinct manic episodes separated by periods of full recovery
- 15 - Recurrent distinct manic episodes with incomplete inter-episode recovery
- Recurrent distinct hypomanic episodes with full inter-episode recovery
- 10 - Comorbid substance abuse. Psychotic features only during acute mood episodes
- Incarceration or repeated legal offenses related to manic behavior (eg, shoplifting, reckless driving, bankruptcy)
- 5 - Recurrent unipolar MDD with 3 or more major depressive episodes
- Recurrent distinct hypomanic episodes without full inter-episode recovery

- Recurrent medication noncompliance
- Comorbid borderline personality
- Comorbid anxiety or eating disorders (eg, OCD, panic disorder, bulimia)
- History of ADHD in childhood and periods of above average scholastic or social function
- Gambling, risky investment, overspending, or sexual indiscretions have (or would if not concealed) pose a problem for patient, friends, or family
- Behavioral evidence of perimenstrual exacerbation of mood symptoms
- Baseline hyperthymic personality (when not manic or depressed)
- Married 3 or more times (including remarriage to same individual)
- In 2 or more years has started a new job and changed jobs after less than year
- Has more than 2 advanced degrees
- 0 None of the above

IV Response to Treatment Score = / 20

- 20 Full recovery within 4 weeks of therapeutic treatment with mood-stabilizing medication
- 15 Full recovery within 12 weeks of therapeutic treatment with mood-stabilizing medication or relapse within 12 weeks of discontinuing treatment
- 10 Affective switch to mania (pure or mixed) within 12 weeks of starting a new antidepressant or increasing dose
- Worsening dysphoria or mixed symptoms during antidepressant treatment subthreshold for mania
- Partial response to 1 or 2 mood stabilizers within 12 weeks of therapeutic treatment
- 5 Antidepressant-induced new or worsening rapid-cycling course
- Treatment resistance: lack of response to complete trials of 3 or more antidepressants
- Affective switch to mania or hypomania with antidepressant withdrawal
- 2 Immediate near-complete response to antidepressants (in 1 week or less)
- 0 None of the above or no treatment

V Family History Score = / 20

- 20 At least 1 first-degree relative with documented bipolar illness
- 15 At least 1 second-degree relative with documented bipolar illness
- At least 1 first-degree relative with documented recurrent unipolar MDD and behavioral evidence suggesting bipolar illness
- 10 First-degree relative with documented recurrent unipolar MDD or schizoaffective disorder
- Any relative with documented bipolar illness. Any relative with documented recurrent unipolar MDD and behavioral evidence suggesting bipolar illness
- 5 First-degree relative with documented substance abuse or any relative with possible bipolar illness
- 2 First-degree relative with possible recurrent unipolar MDD
- 0 First-degree relative with diagnosed related illness: anxiety disorders, eating disorders, ADD
- None of the above or no family psychiatric illness

Total Score / 100

Mood Disorder Timeline

Mania

“Normal”

Depression

Age 0

— (Now)

Mood Disorder Timeline

Mania

“Normal”

Depression

Age 0

— (Now)

of mood

introduced
occurrence
ion of the
fication at
rder diag-
l disorder,
ry of diag-
s - which
(see Table
osis of life-
mal mood
tion is the
MDE) and
diagnosed
time diag-
t or course

it separate
patterns in
than sepa-
r two com-
des within
requires a
majority of
er the pre-

Episode Type	Predominant Mood State	Duration and Symptom Threshold	Associated Features
Mania	High, happy, euphoric, expansive, irritable	At least 1 week With ≥ 3 symptoms present to a significant degree or any duration if hospitalized	<ol style="list-style-type: none"> 1. Increased self-esteem/grandiosity 2. Decreased need for sleep 3. More talkative 4. Racing thought/flight of ideas 5. Distractible 6. Increase goal directed activities/psychomotor agitation 7. Risk taking (potential painful consequences)
Hypomania	High, happy, euphoric, expansive, irritable	At least 4 days With ≥ 3 symptoms present to a significant degree	<ol style="list-style-type: none"> 1. Increased self-esteem/grandiosity 2. Decreased need for sleep 3. More talkative 4. Racing thoughts/flight of ideas 5. Distractible 6. Increased goal directed activities/psychomotor agitation 7. Risk taking (potential painful consequences)
Depression	Low, sad, disinterested	At least 2 weeks With ≥ 5 symptoms most of the day/nearly every day	<ol style="list-style-type: none"> 1. Sleep disturbance 2. Diminished interest 3. Guilt/low self-esteem 4. Decreased energy 5. Inability to concentrate/make simple decisions 6. Appetite disturbance 7. Psychomotor retardation/agitation 8. Suicidal ideation/morbid preoccupation
Mixed	Both high and low states above	At least 1 week With symptoms most of the day/nearly every day	Associated features present which fulfil both mania and depression