

# Mood Spectrum Scale

## A. Please read through each of the sentences below.

1. Some individuals notice that their mood and/or energy levels shift drastically from time to time.
2. These individuals notice that, at times, their mood and/or energy level is very low, and at other times, very high.
3. During their "low" phases, these individuals often feel a lack of energy; a need to stay in bed or get extra sleep; and little or no motivation to do things they need to do.
4. They often put on weight during these periods.
5. During their low phases, these individuals often feel "blue", sad all the time, or depressed.
6. Sometimes, during these low phases, they feel hopeless or even suicidal.
7. Their ability to function at work or socially is impaired.
8. Typically, these low phases last for a few weeks, but sometimes they last only a few days.
9. Individuals with this type of pattern may experience a period of "normal" mood in between mood swings, during which their mood and energy level feels "right" and their ability to function is not disturbed.
10. They may then notice a marked shift or "switch" in the way they feel.
11. Their energy increases above what is normal for them, and they often get many things done they would not ordinarily be able to do.
12. Sometimes, during these "high" periods, these individuals feel as if they have too much energy or feel "hyper".
13. Some individuals, during these high periods, may feel irritable, "on edge", or aggressive.
14. Some individuals, during these high periods, take on too many activities at once.
15. During these high periods, some individuals may spend money in ways that cause them trouble.
16. They may be more talkative, outgoing, or sexual during these periods.
17. Sometimes, their behavior during these high periods seems strange or annoying to others.
18. Sometimes, these individuals get into difficulty with co-workers or the police, during these high periods.
19. Sometimes, they increase their alcohol or non-prescription drug use during these high periods.

## B. Now that you have read the passage, please check one of the following four boxes

- |  |   |
|--|---|
| <input type="checkbox"/> This story fits me very well, or almost perfectly           | <input type="checkbox"/> This story doesn't really describe me at all |
| <input type="checkbox"/> This story fits me fairly well                              |   |
| <input type="checkbox"/> This story fits me to some degree, but not in most respects |   |

## C. Now please go back and circle each number of the sentences that definitely describes you.

**SCORING:** Each sentence checked circled is worth 1 point. Add 6 points for "fits me very well," 4 points for "fits me fairly well," and 2 points for "fits me to some degree." Total score likelihood: 0-6 Highly Unlikely / 7-12 Low Probability / 13-19 Moderate Probability / 20-25 High Probability. Threshold for positive diagnosis: 13 or above. Source: Ghaemi SN, Miller CJ, Berv DA, et al. J Affect Disord. 2005;84:273-277.