



THE PERISCOPE PROJECT

PERINATAL SPECIALTY CONSULT PSYCHIATRY EXTENSION

This toolkit was produced by the Medical College of Wisconsin and is provided to health care providers through The Periscope Project. The goal of this toolkit is to provide practitioners with an up-to-date, reliable, and easy to use source of information for mental health conditions during the perinatal period. The content is based on the latest available evidence-based guidelines and research whenever possible. If you are aware of new guidelines or research or if you have suggestions that can help improve this toolkit, please contact ThePeriscopeProject@mcw.edu. Please read our disclaimer before using our toolkit.

This toolkit is for educational purposes only and does not constitute medical advice. The toolkit is not a replacement for careful medical judgments by qualified medical personnel. There may be information in the toolkit that does not apply to or may be inappropriate for the medical situation at hand.

CIDI-BASED BIPOLAR DISORDER SCALE

Clinician administered screening tool: Clinician verbally ask the following questions verbatim.

#1 Euphoria Stem Question

"Some people have periods lasting several days when they feel much more excited and full of energy than usual. Their minds go too fast. They talk a lot. They are very restless or unable to sit still and they sometimes do things that are unusual for them, such as driving too fast or spending too much money. Have you ever had periods like this lasting several days or longer?"

Endorse

Deny

#2 Irritability Stem Question

"Have you ever had a period lasting several days or longer when most of the time you were so irritable or grouchy that you either started arguments, shouted at people or hit people?"

Endorse

Deny

#3 Criterion B Screening Question

"People who have episodes like this often have changes in their thinking and behavior at the same time, like being more talkative, needing very little sleep, being very restless, going on buying sprees, and behaving in many ways they would normally think inappropriate. Did you ever have any of these changes during your episodes of being excited and full of energy or very irritable or grouchy?"

Endorse

Deny

Very low risk
for bipolar
disorder

Criterion B Symptom Question

Think of an episode when you had the largest number of changes like these at the same time. During that episode, which of the following changes did you experience?

1. *(This first symptom is asked only if the euphoria stem question is endorsed)* "Were you so irritable that you either started arguments, shouted at people or hit people?"
2. "Did you become so restless or fidgety that you paced up and down or couldn't stand still?"
3. "Did you do anything else that wasn't usual for you – like talking about things you would normally keep private, or acting in ways that you would usually find embarrassing?"
4. "Did you try to do things that were impossible to do, like taking on large amounts of work?"
5. "Did you constantly keep changing your plans or activities?"
6. "Did you find it hard to keep your mind on what you were doing?"
7. "Did your thoughts seem to jump from one thing to another or race through your head so fast you couldn't keep track of them?"
8. "Did you sleep far less than usual and still not get tired or sleepy?"
9. "Did you spend so much more money than usual that is caused you to have financial trouble?"

CIDI-BASED BIPOLAR DISORDER SCALE SCORING

The complete set of 12 questions takes approximately three minutes to complete.

To 'endorse' = Answer yes, in a yes-no response.

Stem questions: Question 1 & 2

Respondents who fail to endorse either of these first two questions are skipped out of the remainder of the question series.

Criteria B Screening Questions: Question 3

Respondents who fail to endorse this question after endorsing one of the first two stem questions are skipped out of the remainder of the question series.

Respondents who do endorse this question are then administered the 9 additional symptom questions.

Criterion B Symptom Questions

Note: the first question in this group is asked only if the first Stem Question is endorsed. If this scenario occurs, then only the 8 remaining symptoms would be administered.

Based on positive endorsement of the 9 (or 8) questions in this category.

Scores may be collapsed for reference purposes

Very high risk (80% or more)	9 questions with positive endorsement
High risk (50-70%)	7-8 questions with positive endorsement
Moderate risk (25-49%)	6 questions with positive endorsement
Low risk (2-24%)	5 questions with positive endorsement
Very low risk (less than 5%)	0-4 questions with positive endorsement