

CIDI-3 (Provider-assisted)

<p>1. Some people have periods lasting several days when they felt 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.</p> <p>Have you ever had a period like this lasting several days or longer?</p>	NO	YES (Skip Q2)
<p>2. Have you ever had a period lasting several days or longer when most of the time you were so irritable and grouchy you either started arguments, shouted at people or hit people?</p>	NO	YES

If YES to Question 1 or 2, please ask Question 3.

<p>3. 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 spending sprees, and behaving in many ways they would normally think inappropriate.</p> <p>Did you ever have any of these changes during your episodes of being excited and full of energy or very irritable or grouchy?</p>	NO	YES (Page 2)
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If YES to Question 1 or 2 AND Question 3, please complete page 2.

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?

Were so irritable that you either started arguments, shouted at people or hit people?	No	Yes
Did you become so restless or fidgety that you paced up and down or couldn't stand still?	No	Yes
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?	No	Yes
Did you try to do things that were impossible to do, like taking on large amounts of work?	No	Yes
Did you constantly keep changing your plans or activities?	No	Yes
Did you find it hard to keep your mind on what you were doing?	No	Yes
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	No	Yes
Did you sleep far less than usual and still not get tired or sleepy?	No	Yes
Did you spend so much more money than usual that it caused you to have financial trouble?	No	Yes

Total "YES": _____

Total "Yes" (page 2 only)	Bipolar Risk
9	Very high (≥79%)
7-8	High (50-79%)
6	Moderate (25-49%)
5	Low (5-24%)
≤ 4	Very low (<5%)

Source: Kessler RC, et al. Validity of the assessment of bipolar disorder in the WHO composite international diagnostic interview; J Affective Disorders 96 (2006); 259-269.

Provided by the Primary Care Group-Behavioral Health Integration Program (Director: Neda Laiteerapong, MD, MS)
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