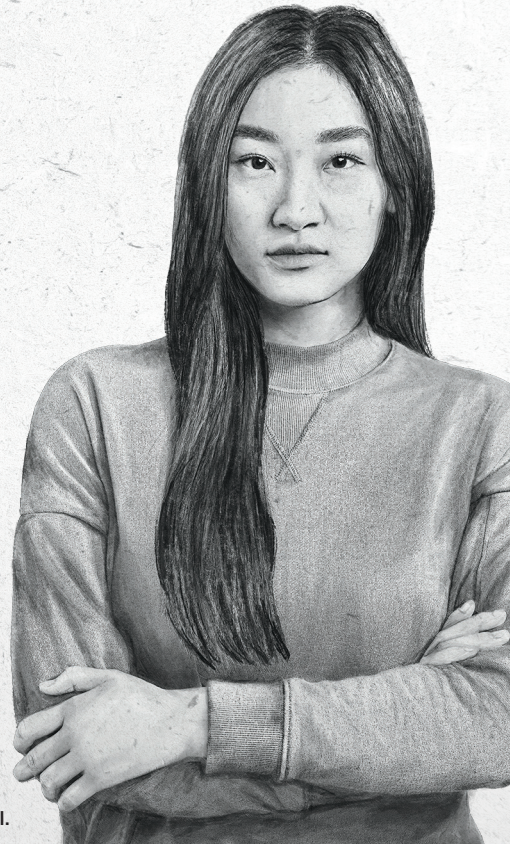


# DO YOU EXPERIENCE MANIC OR DEPRESSED STATES?

Symptoms of mania and depression  
can occur at the same time.  
This is known as a mixed state.



About 1 in 3 people living with  
bipolar 1 experience mixed states



Mixed states are common in people living with bipolar 1, so you aren't alone if you've been experiencing them.

Mixed states can be difficult to recognize, but once identified they can be addressed. Talk to your healthcare provider about the full range of symptoms you're experiencing.

Actor portrayal.

## What could a mixed state in bipolar 1 look like?

If you're in a mixed state, that means you're experiencing manic and depressive symptoms at the same time. This means you can be mostly manic but also have some depressive symptoms, or you are mostly depressed and also have some manic symptoms.



### Manic Symptoms

- An unusually high level of self-confidence
- Being more talkative than usual
- Racing thoughts
- An increase in energy or goal-directed activity
- Decreased need for sleep



### Depressive Symptoms

- Feeling sad or empty
- A lack of interest in things you usually enjoy
- Feeling tired or a loss of energy
- Feeling guilty or worthless
- An increase in thoughts about death and suicide

## Have you experienced mixed states?

Flip this page over to fill out the CUDOS-M Questionnaire, a survey that could help you and your healthcare provider identify if you've been in a mixed state.

# CUDOS-M Questionnaire

CUDOS-M=Clinically Useful Depression Outcome Scale supplemented with questions for the DSM-5 mixed features specifier.

## Instructions

This questionnaire includes questions about symptoms some patients have. For each item, please indicate how well it describes you during the PAST WEEK, INCLUDING TODAY. Circle the number in the columns next to the item that best describes you.

## Rating Guidelines

0 = not at all true (0 days)    1 = rarely true (1-2 days)    2 = sometimes true (3-4 days)

3 = often true (5-6 days)    4 = almost always true (every day)

## During the PAST WEEK, INCLUDING TODAY...

1	I felt sad or depressed	0	1	2	3	4
2	I was not as interested in my usual activities	0	1	2	3	4
3	My appetite was poor and I didn't feel like eating	0	1	2	3	4
4	My appetite was much greater than usual	0	1	2	3	4
5	I had difficulty sleeping	0	1	2	3	4
6	I was sleeping too much	0	1	2	3	4
7	I felt very fidgety, making it difficult to sit still	0	1	2	3	4
8	I felt physically slowed down, like my body was stuck in mud	0	1	2	3	4
9	My energy level was low	0	1	2	3	4
10	I felt guilty	0	1	2	3	4
11	I thought I was a failure	0	1	2	3	4
12	I had problems concentrating	0	1	2	3	4
13	I had more difficulties making decisions than usual	0	1	2	3	4
14	I wished I was dead	0	1	2	3	4
15	I thought about killing myself	0	1	2	3	4
16	I thought that the future looked hopeless	0	1	2	3	4

17	I felt so happy and cheerful it was like a high	0	1	2	3	4
18	I had many brilliant, creative ideas	0	1	2	3	4
19	I felt extremely self-confident	0	1	2	3	4
20	I slept only a few hours but woke full of energy	0	1	2	3	4
21	My energy level seemed endless	0	1	2	3	4
22	I was much more talkative than usual	0	1	2	3	4
23	I spoke faster than usual	0	1	2	3	4
24	My thoughts were racing through my mind	0	1	2	3	4
25	I took on many new projects because I felt I could do everything	0	1	2	3	4
26	I was much more social and outgoing than usual	0	1	2	3	4
27	I did wild, impulsive things	0	1	2	3	4
28	I spent money more freely than usual	0	1	2	3	4
29	I had many more thoughts and fantasies about sex	0	1	2	3	4

30 Overall, how much have symptoms of depression interfered with or caused difficulties in your life during the past week?

- 0 not at all                      3 quite a bit  
1 a little bit                    4 extremely  
2 a moderate amount

31 How would you rate your overall quality of life during the past week?

- 0 very good, my life could hardly be better  
1 pretty good, most things are going well  
2 the good and bad parts are about equal  
3 pretty bad, most things are going poorly  
4 very bad, my life could hardly be worse

**Remember to talk about your responses to this questionnaire with your healthcare provider.**

