

### **1. Select an appropriate screening tool for Kristin and provide a score for the tool.**

One screening tool I recommend for Kristin is the Mood Disorder Questionnaire (MDQ). The MDQ is a brief, self-report screening instrument that can help identify patients who are likely to have bipolar disorder. When properly diagnosed, the lives of those with bipolar disorder can be significantly improved. The MDQ consists of three questions. The first question includes 13 items describing mood or behaviors that the patient endorses as being present or absent during a previous period of abnormal mood. The following two questions establish the occurrence of any symptoms endorsed in the first question and the severity of functional impairment caused by the symptoms. If the patient endorses at least 7 of the 13 symptom items, confirms the occurrence of 2 or more symptoms during the same period, and rates his or her functional impairment due to the symptoms as moderate to severe. The MDQ screen is considered positive (Manning, 2010).

Kristen would probably have answered at least 7 of the first 13 questions—the questions being increased irritability, racing thoughts, decreased concentration, increased activity, increased energy at times, and spending money. She would confirm the occurrence of 2 or more symptoms during the same period and rate her functional impairment due to the symptoms as moderate to severe, indicating positive screening for bipolar disorder (Manning, 2010).

### **2. Provide a rationale for the screening tool you selected.**

The Mood Disorder Questionnaire can be completed in less than 5 minutes. Patients respond to the questions by checking either the "yes" or "no" boxes, and the final question relates to the patient's level of functional impairment. According to Manning (2010), the MDQ has a sensitivity of 58% and a specificity of 93% for detecting bipolar disorder.

### **3. Determine the most likely diagnosis for Kristin based on the available information.**

In my initial assessment, I would diagnose Kristin with Unspecified Bipolar Disorder (NOS) until I have the opportunity to conduct a thorough interview and assessment to gain a better understanding of her condition. Unspecified Bipolar Disorder refers to symptoms that do not fully meet the criteria for any specific bipolar disorder but still significantly impair functioning, including mood swings, manic episodes, and depression (Wallen, 2024).

Bipolar I disorder is characterized by manic episodes lasting at least 7 days or by severe manic symptoms requiring immediate medical attention, often accompanied by depressive episodes lasting at least two weeks. As Kristin reportedly experiences crafting for 3-4 days, she doesn't meet the criteria for Bipolar I disorder (Pérez de Mendiola et al., 2021).

Bipolar II disorder involves a pattern of depressive episodes and hypomanic episodes, which are less severe than the manic episodes seen in Bipolar I disorder. Based on the information provided, Kristin doesn't fit the criteria for Bipolar II disorder either (Pérez de Mendiola et al., 2021).

### **4. Provide the ICD-10-CM code for the selected diagnosis**

Bipolar Affective Disorder, Unspecified - F31.9

### **5. Provide a treatment plan with a rationale for each plan step.**

Bipolar disorder is a lifelong illness. People with bipolar disorder may experience episodes of mania and