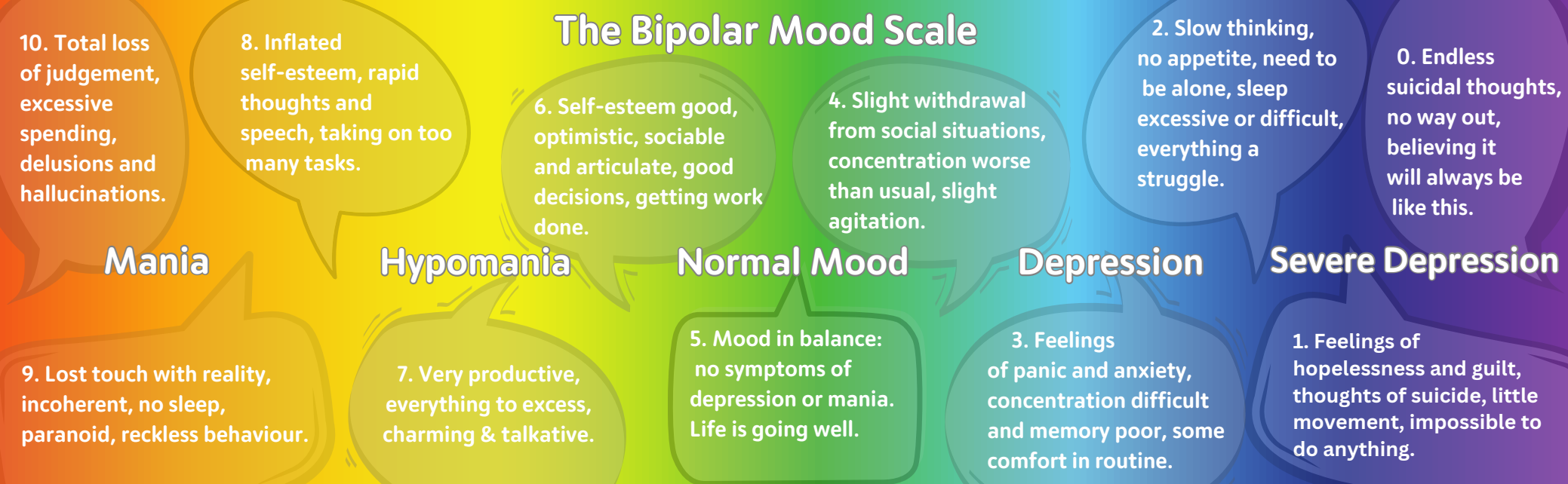The Bipolar Mood Scale