

The Mood Disorder Questionnaire

Please answer each question as best you can.

| | Yes | No |
|---|-----------------------|-----------------------|
| 1. Has there ever been a period of time when you were not your usual self and... | | |
| ⇒ you felt so good or so hyper that other people thought you were not your normal self or you were so hyper that you got into trouble? | <input type="radio"/> | <input type="radio"/> |
| ⇒ you were so irritable that you shouted at people or started fights or arguments? | <input type="radio"/> | <input type="radio"/> |
| ⇒ you felt much more self-confident than usual? | <input type="radio"/> | <input type="radio"/> |
| ⇒ you got much less sleep than usual and found that you didn't really miss it? | <input type="radio"/> | <input type="radio"/> |
| ⇒ you were more talkative or spoke much faster than usual? | <input type="radio"/> | <input type="radio"/> |
| ⇒ thoughts raced through your head or you couldn't slow your mind down? | <input type="radio"/> | <input type="radio"/> |
| ⇒ you were so easily distracted by things around you that you had trouble concentrating or staying on track? | <input type="radio"/> | <input type="radio"/> |
| ⇒ you had much more energy than usual? | <input type="radio"/> | <input type="radio"/> |
| ⇒ you were much more active and did many more things than usual? | <input type="radio"/> | <input type="radio"/> |
| ⇒ you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night? | <input type="radio"/> | <input type="radio"/> |
| ⇒ you were much more interested in sex than usual? | <input type="radio"/> | <input type="radio"/> |
| ⇒ you did things that were unusual for you or that other people might have thought were excessive, foolish or risky? | <input type="radio"/> | <input type="radio"/> |
| ⇒ spending money got you or your family in trouble? | <input type="radio"/> | <input type="radio"/> |
| 2. If you checked YES to more than one of the above, have several these ever happened during the same period of time? | <input type="radio"/> | <input type="radio"/> |
| 3. How much of a problem did any of these cause you, like being able to work; having family, money or legal troubles; getting into arguments or fights? | | |
| No Problem Minor Problem Moderate Problem Serious Problem | | |
| 4. Have any of your blood relatives (i.e. children, siblings, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder? | <input type="radio"/> | <input type="radio"/> |
| 5. Has a health professional ever told you that you have manic-depressive illness or bipolar disorder? | <input type="radio"/> | <input type="radio"/> |

Answering Yes to seven or more of the 13 items under #1, Yes to # 2, AND Moderate or Severe to #3 is a positive screen for bipolar disorder.

This test is not a diagnosis, but only a screening tool. If you screen positive please inform your physician for a careful evaluation.