

# The Mood Disorder Questionnaire

Patient Name \_\_\_\_\_ Score \_\_\_\_\_ Date \_\_\_\_\_

**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 usual self or you were so hyper that you got into trouble?  yes  no

-you were so irritable that you shouted at people or started fights and arguments?  yes  no

-you felt much more self-confident than usual?  yes  no

-you got much less sleep than usual and found that you didn't really miss it?  yes  no

-you were much more talkative or spoke much faster than usual?  yes  no

-thoughts raced through your head or you couldn't slow your mind down?  yes  no

-you were so easily distract by things around you that you had trouble concentrating or staying on track?  yes  no

-you had much more energy than usual?  yes  no

-you were much more active or did many more things than usual?  yes  no

-you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?  yes  no

-you were much more interested in sex than usual?  yes  no

-you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?  yes  no

-spending money got you or your family in trouble?  yes  no

**2. If you checked YES to more than one of the above, have several of these ever happened during the same period of time?**  yes  no

**3. How much of a problem did any of these cause you – like being unable to work; having family, money, or legal troubles; getting into arguments or fights? Select one response only.**

No Problem  Minor Problem  Moderate Problem  Serious Problem