

# MOOD DISORDER QUESTIONNAIRE

Date.....

Male

Female

Name.....

Date of birth .....

PLEASE ANSWER EACH QUESTION AS BEST YOU CAN

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 or 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 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 distracted 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 into 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 these cause you – like being unable 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 (children, brothers or sisters, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder?**

Yes  No

5

**Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?**

Yes  No

This instrument is designed for screening purposes only and is not to be used as a diagnostic tool.

Derived from Hirschfeld RM et al. *American Journal of Psychiatry* 2000; 157: 1873-1875