

Name _____

Date _____

Mood Disorders Questionnaire

Instructions: 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...

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|--|-----|----|
| ...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? | 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 you didn't really miss it? | Yes | No |
| ...you were much more talkative or spoke faster than usual? | Yes | No |
| ...thoughts raced through your head or you couldn't slow you 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 any of 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
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Scoring

The following scores are the most indicative of having bipolar disorder. The authors found these scores include the most individuals who do have bipolar disorder, and "rule out" the most individuals who don't have it.

Section 1	7 yes responses
Section 2	Yes
Section 3	must cause some problems in life