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**THE MOOD DISORDER QUESTIONNAIRE**

**Instructions: Please answer each question as best as you can. Circle Yes or No.**

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 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 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 really didn't 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 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 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 that another person might have thought were excessive, foolish or risky?

YES    NO

....spending money got you or your family in trouble?            YES    NO

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2. If you circled 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 this cause you getting into arguments or fights? ( Like being at work; with family, money or legal troubles.)

\_\_\_ 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?  
YES NO

5. Has health professionals ever told you that you have manic-depressive illness or bipolar disorder?  
YES NO