

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.....

....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

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