

# Mood Disorder Questionnaire

This tool is used to evaluate subtle signs of Bipolar Disorder

| Yes | No | Please answer each question as best you can.  |
|-----|----|---|
|     |    | ... 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?                  |
|     |    | ... you felt much more self-confident than usual?   |
|     |    | ... you were so irritable that you shouted at people or started fights or arguments?  |
|     |    | ... you got much less sleep than usual and found you didn't really miss it?   |
|     |    | ... you were much more talkative or spoke much faster than usual?   |
|     |    | ... thoughts raced through your head or you couldn't slow your mind down?   |
|     |    | ... you were so easily distracted by things around you that you had trouble concentrating or staying on track?  |
|     |    | .. you had much more energy than usual?   |
|     |    | ... you were much more active or did many more things than usual?   |
|     |    | ... you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?                                     |
|     |    | ... You were much more interested in sex than usual?  |
|     |    | ... you did things that were unusual for you or that other people might have thought were excessive, foolish or risky?                                    |
|     |    | ... spending money got you or your family into trouble?   |
|     |    | <i>If you checked YES to more than one of the above, have several of these ever happened during the same period of time?</i>                              |
|     |    | <i>Have any of your blood relatives (i.e. children, siblings, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder?</i> |
|     |    | <i>Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?</i>  |