

THE MOOD DISORDER QUESTIONNAIRE

Instructions: Please answer each question to the best of your ability.

- | | YES | NO |
|---|-----|----|
| 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 normal self or you were so hyper that you got into trouble? | | |
| ...you were so irritable that you shouted at people or started fights or arguments? | | |
| ...you felt much more self-confident than usual? | | |
| ...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? | | |
| 2. If you checked YES to more than one of the above, have several of these ever happened during the same period of time? | | |
| 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?
<i>Please circle one response only.</i> | | |
| 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? | | |
| 5. Has a health professional ever told you that you have manic-depressive illness or bipolar disorder? | | |