

MOOD DISORDER QUESTIONNAIRE

Your health care provider will help you score and understand this test when you are done.

NAME

TODAY'S DATE (dd/mm/yy)

Has there ever been a period of time when you were not your usual self (while NOT using drugs or alcohol)

Circle YES or NO for each question please

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 your 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

If you circled YES to more than one above, have several of these ever happened during the same period of time? YES NO

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

Draw a line connecting any (blood) relative to any problem (this doesn't have to be neat)

GRANDPARENTS

PARENTS

AUNTS/UNCLES

BROTHERS/SISTERS

CHILDREN

SUICIDE

ALCOHOL/DRUGS

MENTAL HEALTH HOSPITAL

DEPRESSION

MANIC/BIPOLAR

Has a health professional ever told you that you have manic-depressive illness or bipolar disorder? YES NO

IF THE TEST SAYS YES

For information about “mood swings without mania”, now called Bipolar II, see: www.psycheducation.org. This is something to learn about, not necessarily about you.

IF THE TEST SAYS NO

Antidepressants are okay. In some cases, they can occasionally cause unusual thoughts, including violent and suicidal ones; irritability; too much energy; and severe sleep problems. Contact your doctor if you think this might be happening to you.