

# THE MOOD DISORDER QUESTIONNAIRE

**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?  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  
.....
- ...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 in trouble?  yes  no  
.....

**2. If you checked 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 these cause you – like being unable to work; Having family, money or legal troubles, getting into arguments or fights?**

Please select one response only.

- No Problem       Minor Problem       Moderate Problem       Serious Problem

Adapted with permission of Robert M.A. Hirschfeld, MD.

Compliments of

