

## Mood Disorder Questionnaire (MDQ)

Instructions: Please answer each question as best you can.

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 in to 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 much 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

If you checked YES to more than one of the above questions, 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? *Please circle one response only.*

No Problem          Minor Problem          Moderate Problem          Serious Problem

Have any of your blood relatives (i.e. children, siblings, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder? Yes    No

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

This document is designed for screening purposes only and is not to be used as a diagnostic tool.

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