NAME _____   DATE _____

Mood Disorder Questionnaire

The following questions may help determine whether an antidepressant medication is appropriate for you. Circle yes or no, as you go.

❶ 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
...you were much more talkative or spoke faster than usual?	YES	NO
...thoughts raced through your head or you couldn't slow you 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

❷ 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

❸ 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

Scoring: If there are at least 7 Yes's circled in section 1, and section 2 is YES and section 3 reveals at least some problem, then your score indicates an elevated risk of bipolar disorder. That risk is particularly relevant if you have also had significant depression throughout your life.