

NAME _____

DATE _____

Rapid Mood Screener II

Consider your whole life as you answer these questions

Have there been at least 6 different periods of time (at least 2 weeks) when you felt deeply depressed?	YES	NO
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Did you have problems with depression before the age of 18?	YES	NO
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Have you ever had to stop or change your antidepressant because it made you highly irritable or hyper?	YES	NO
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Have you ever had a period of time during which you were more talkative than normal with thoughts racing in your head? *If yes, what was the longest it lasted for?*

NO • YES, 1-3 DAYS • YES, 4 OR MORE DAYS • YES, 7 OR MORE DAYS

Have you ever had a period of time during which you felt any of the following: unusually happy; unusually outgoing; or unusually energetic? *If yes, what was the longest it lasted for?*

NO • YES, 1-3 DAYS • YES, 4 OR MORE DAYS • YES, 7 OR MORE DAYS

Have you ever had a period of time during which you needed much less sleep than usual? *If yes, what was the longest it lasted for?*

NO • YES, 1-3 DAYS • YES, 4 OR MORE DAYS • YES, 7 OR MORE DAYS

Scoring: Positive if 4 or more YES's