

# Mood Disorder Questionnaire

Please answer each question as best you can.

- 1. Has there ever been a period of time when you were not your usual self and...** Yes No
- 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?
- you were so irritable that you shouted at people or started fights or arguments?
- you felt much more self-confident than usual?
- you got much less sleep than usual and found you didn't really miss it?
- you were much more talkative or spoke much faster than usual?
- thoughts raced through your head or you couldn't slow your mind down?
- you were so easily distracted by things around you that you had trouble concentrating or staying on track?
- you had much more energy than usual?
- you were much more active or did many more things than usual?
- you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?
- you were much more interested in sex than usual?
- you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?
- spending money got you or your family into trouble?
- 2. If you checked YES to more than 1 of the above, have several of these ever happened during the same period of time?**
- 3. How much of a problem did any of these cause you—being unable to work; having family, money, or legal troubles; getting into arguments or fights? Please circle 1 response only.**
- No problem      Minor problem      Moderate problem      Serious problem
- 4. Have any of your blood relatives (ie, children, siblings, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder?**
- 5. Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?**

Thank you for completing this questionnaire. Please return this form to your doctor.