

Both the manic and the depressive symptoms of bipolar disorder can have a negative impact on your life, your relationships, even your job.¹ Talking to your doctor about all your symptoms is an important first step to finding out whether you have bipolar disorder. Answering the questions on this form, and discussing the responses with your doctor, may help you do that. It will take about 5 minutes to fill it out. It is not meant for self-diagnosis, so please bring it with you to your next appointment.

Mood Disorder Questionnaire

Name:

Date: / /

Please answer the questions as best you can by putting a check in the appropriate box.

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?	<input type="checkbox"/>	<input type="checkbox"/>
... you were so irritable that you shouted at people or started fights or arguments?	<input type="checkbox"/>	<input type="checkbox"/>
... you felt much more self-confident than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... you got much less sleep than usual and found that you didn't really miss it?	<input type="checkbox"/>	<input type="checkbox"/>
... you were more talkative or spoke much faster than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... thoughts raced through your head or you couldn't slow your mind down?	<input type="checkbox"/>	<input type="checkbox"/>
... you were so easily distracted by things around you that you had trouble concentrating or staying on track?	<input type="checkbox"/>	<input type="checkbox"/>
... you had much more energy than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... you were much more active or did many more things than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... you were much more social or outgoing than usual; for example, you telephoned friends in the middle of the night?	<input type="checkbox"/>	<input type="checkbox"/>
... you were much more interested in sex than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?	<input type="checkbox"/>	<input type="checkbox"/>
... spending money got you or your family into trouble?	<input type="checkbox"/>	<input type="checkbox"/>

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
	<input type="checkbox"/>	<input type="checkbox"/>

3. How much of a problem did any of these cause you? (like being unable to work; having family, money, or legal troubles; and/or getting into arguments or fights)	No Problem	Minor Problem	Moderate Problem	Serious Problem
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reference: 1 Hirschfeld RMA, Lewis L, Vornik LA. *J Clin Psychiatry* 2003;64(2):161-174.

The Mood Disorder Questionnaire (MDQ) was developed by Robert M. A. Hirschfeld, MD (University of Texas Medical Branch), and published in the *Am J Psychiatry*. (Hirschfeld RMA, Williams JBW, Spitzer RL, et al. Development and validation of a screening instrument for bipolar spectrum disorder: the Mood Disorder Questionnaire. *Am J Psychiatry*. 2000;157(10):1873-1875.)