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## Mood Disorder Questionnaire

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Name: \_\_\_\_\_

**Instructions:** Take your time and answer all the questions as best you can.

1) Has there ever been a period of time when you felt unlike 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?
- 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   ...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 that other people might have thought were excessive, foolish, or risky?
- Yes    No   ...spending money got you or your family into trouble?

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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

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3) 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 select one response only.

- No Problem    Minor Problem    Moderate problem    Serious Problem
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