

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**Mood Disorders Questionnaire**

There are 3 sections. For section 1 answer each question with a “yes” or “no” Answer section 2 with a “yes” or “no”. Choose the answer in section 3 that best fits your situation. This pertains to times **throughout your life** in the **absence** of being under the influence of **drugs or alcohol**.

1.	<b>Has there ever been a period of time when you were not your usual self and (while not on drugs or alcohol) ...</b>		
	...you felt <b>so good</b> or <b>so hyper</b> that other people thought you were <b>not</b> your normal self or you were so hyper that you <b>got into trouble</b> ?	Yes	No
	...you were <b>so irritable</b> that you shouted at people or started <b>fight</b> s or arguments?	Yes	No
	...you felt much more <b>self-confident</b> than usual?	Yes	No
	...you got much <b>less sleep</b> than usual and found you didn't really miss it? *	Yes	No
	...you were much <b>more talkative</b> or <b>spoke faster</b> than usual?	Yes	No
	... <b>thoughts raced</b> through your head or you couldn't slow you mind down?	Yes	No
	...you were so <b>easily distracted</b> by things around you that you had <b>trouble concentrating</b> or staying on track?	Yes	No
	...you had much <b>more energy</b> than usual?	Yes	No
	...you were much <b>more active</b> or did many more things than usual?	Yes	No
	...you were much <b>more social or outgoing</b> than usual; for example, you telephoned friends in the middle of the night?	Yes	No
	...you were much more interested in <b>sex</b> than usual?	Yes	No
	...you did things that were <b>unusual</b> for you or that other people might have thought were <b>excessive, foolish, or risky</b> ?	Yes	No
	... <b>spending money</b> got you or your family into trouble?	Yes	No

2.	<b>If you checked “YES” to more than one of the above, have several of these ever happened during the same period of time?</b>		
		<b>YES</b>	<b>NO</b>
3.	<b>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?</b>		
		<b>No Problem</b>	<b>Minor Problem</b>
		<b>Moderate Problem</b>	<b>Serious Problem</b>
4.	<b>Have any of your blood relatives (e.g. Parents, uncles, siblings, etc...) been diagnosed with manic depressive illness or bipolar disorder?</b>		
		<b>YES</b>	<b>NO</b>
5.	<b>Have you ever been diagnosed with bipolar disorder or manic depressive illness by a mental health professional?</b>		
		<b>YES</b>	<b>NO</b>