

Mood Disorder Questionnaire (MDQ)

Name: _____ Date: _____

Instructions: Check (✓) the answer that best applies to you.

Please answer each question as best you can.

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

This questionnaire should be used as a starting point. It is not a substitute for a full medical evaluation. Bipolar disorder is a complex illness, and **an accurate, thorough diagnosis can only be made through a personal evaluation by your doctor.**

Adapted from Hirschfeld R, Williams J, Spitzer RL, et al. Development and validation of a screening instrument for bipolar spectrum disorder: the Mood Disorder Questionnaire. *Am J Psychiatry.* 2000;157:1873-1875.