

Name: _____ Date: _____

Mood Disorder Questionnaire

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 in 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 social, outgoing than usual? YES NO

You were much more interested in sex than usual? YES NO

You did things that were unusual for you or people may have thought excessive, foolish or risky? YES NO

Spending money has got you in trouble? YES NO

If you circled YES to more than one of the above, have several of these ever happened during the same period of time? YES NO

How much of a problem did any of these cause you, unable to work, having family, money or legal troubles, getting in fights or arguments?

NO PROBLEM MINOR PROBLEM MODERATE PROBLEM SERIOUS PROBLEM