

Life Motivations

Mood Questionnaire – MDQ

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

Total YES answers _____

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
3. Have any of your blood relatives (i.e. children, siblings, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder?	Yes	No
4. Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?	Yes	No

5. How much of a problem did any of these incidences cause you – like being unable to work; having family, money, or legal troubles; getting into arguments or fights?	No Problem	Minor Problem	Moderate Problem	Serious Problem
--	------------	---------------	------------------	-----------------