



The Mood Disorder Questionnaire helps your doctor see if you may have bipolar disorder symptoms.



Take Action

If you think you may have bipolar disorder, print out and complete this questionnaire. Give it to your doctor or counselor. This checklist is designed to help your doctor screen for bipolar disorder.

Take your time. **Answer all the questions as best as you can.**

This questionnaire is not intended to give you a diagnosis. Only your doctor can give you an accurate diagnosis, after doing a complete evaluation.

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?

Yes No

...you were so easily angered that you shouted at people, or started fights or arguments?

Yes No

...you felt much more sure of yourself than usual?

Yes No

...you got much less sleep than usual and found you didn't really miss it?

Yes No

...you talked much more or spoke much faster than usual?

Yes No

...thoughts raced through your head or you couldn't slow down your mind?

Yes No

...you were so easily distracted by things around you that you couldn't focus or stay on track?

Yes No



BIPOLAR DISORDER **1on1**

Mood Disorder Questionnaire



(continued)

1. Has there ever been a period of time when you were not your usual self, and...

...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 phoned 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 thought were excessive, foolish, or risky?

Yes No

...you spent money that got you or your family into trouble?

Yes No

2. If you checked YES to more than one of the questions above, have several of these things ever happened during the same period of time?

Yes No

3. How much of a problem did any of these things cause you, like not being able to work; having family, money, or legal troubles; or getting into arguments or fights? Choose one response only.

No Problem Moderate Problem
 Minor Problem Serious Problem

—Adapted with permission from Robert M.A. Hirschfeld, M.D.