

HEALING MINDS

MDQ — Mood Disorder Questionnaire

Patient Name:

Date:

1) Did any of the symptoms below ever apply to you?

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| • you felt so good or so hyper that other people thought you were not your usual self or you were so hyper that you got into 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 didn't really miss it? | Yes | No |
| • you were more talkative or spoke much faster than usual? | Yes | No |
| • your thoughts raced or you couldn't slow your mind down? | Yes | No |
| • you were easily distracted or had trouble staying on track? | Yes | No |
| • 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 (e.g., calling friends late at 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 |
| • spending money got you or your family into trouble? | Yes | No |

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

Yes No

3) How much of a problem did any of these cause you (such as difficulty working, family or money trouble, arguments, or fights)?

No problems

Minor problem

Moderate problem

Serious problem