

The Mood Disorder Questionnaire

INSTRUCTIONS: 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 that you didn't really miss it? | <input type="radio"/> | <input type="radio"/> |
| ... you were more talkative or spoke much 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? YES NO
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?
- No problem Minor problem Moderate problem Serious problem
4. Have any of your blood relatives (i.e. children, siblings, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder? YES NO
5. Has a health professional ever told you that you have manic-depressive illness or bipolar disorder? YES NO

This instrument is designed for screening purposes only and is not to be used as a diagnostic tool. See first pages of pad for scoring algorithm.

*Derived from Hirschfeld RM. *Am J Psychiatry*. 2000;157(11):1873-5.

Versión en español en el reverso