
MOOD DISORDER QUESTIONNAIRE (MDQ)

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? 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 that you didn't really miss it? Yes No
- you were 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 active or did many more things 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
- spending money got you or your family in trouble? Yes No

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 unable to work; having family, money or legal trouble; getting into arguments or fights?

- No problem Minor problem Moderate problem Serious problem