

## Mood Disorders Questionnaire

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

- Yes No ...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 you didn't really miss it?
- Yes No ...you were much more talkative or spoke faster than usual?
- Yes No ...thoughts raced through you 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 into trouble?

### **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

### **How much of a problem did any of these 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