

Mood Disorders Questionnaire for Adults:

Adapted from the Mood Disorders Questionnaire for Screening and Research

Name: _____ **Age:** ____ **Sex:** Male Female **Date:** _____

Instructions: Please answer each question as best you can. (Use "✓" to indicate your answer)

				<i>Clinician Use</i>
1.	Has there ever been a period of time when you were not your usual self and (while not using drugs or alcohol)...	Yes	No	Item Score
a.	... 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?			
b.	... you were so irritable that you shouted at people or started fights or arguments?			
c.	... you felt much more self-confident than usual?			
d.	... you got much less sleep than usual and found you didn't really miss it?			
e.	... you were much more talkative or spoke faster than usual?			
f.	... thoughts raced through your head or you couldn't slow your mind down?			
g.	... you were so easily distracted by things around you that you had trouble concentrating or staying on track?			
h.	... you had much more energy than usual?			
i.	... you were much more active or did many more things than usual?			
j.	... you were much more social or outgoing than usual; for example, you telephoned friends in the middle of the night?			
k.	... you were much more interested in sex than usual?			
l.	... you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?			
m.	... spending money got you or your family into trouble?			
2.	If you checked YES to more than one of the above, have several of these ever happened during at least the same four day period of time?			
3.	Have any of your blood relatives (i.e. children, siblings, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder?			
4.	Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?			
Total Score:				

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

(Mood Disorders Questionnaire reprinted from: Hirschfeld RM, Williams JB, Spitzer RL, et al. Development and Validation of a Screening Instrument for Bipolar Spectrum Disorder: the Mood Disorder Questionnaire. American Journal of Psychiatry. 2000 Nov;157(11):1873-5.)

Purpose:

This is a self-rated 17-item measure that quickly screens for Bipolar Spectrum Disorder (which includes Bipolar I, II, and NOS) in adults over age 18. The measure is completed by the client prior to the first visit with a psychologist. The questionnaire was developed by a team of psychiatrists, researchers, and advocates to address the need for a quick and accurate diagnosis of bipolar disorder, which can be fatal if left untreated. A past national survey revealed that nearly 70% of individuals with bipolar disorder had received at least one misdiagnosis, and many had waited more than 10 years from the first appearance of symptomatology before receiving a correct diagnosis. Clinical trials have indicated that this questionnaire is able to identify 7 out of 10 people who have bipolar disorder, and screen out 9 out of 10 people who do not.

Scoring and Interpretation:

If a client responds "Yes" to 7 or more of the items in #1, and "Yes" to #2, and "Moderate" or "Severe" to the last question, then it is a positive screen. A positive screen should be followed by a comprehensive evaluation for Bipolar Disorder.