

Mood Disorders Questionnaire

This is a test for bipolar disorder developed by a team of leading bipolar researchers.* The MDQ is widely known and used. You'll learn how to score this test when you're done, but remember, even a "positive" test result does not mean you have bipolar disorder. You'll see why when we come to scoring your results.

Here are the 3 sections. For section 1, write down the numbers 1-13 on a piece of paper and answer each question with a yes or no (or you can just print this page). Answer section 2 with a yes or no. Choose the answer in section 3 that best fits your situation and write it down.

1	Has there ever been a period of time when you were not your usual self (while not on drugs or alcohol) 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 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 into 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 troubles; or getting into arguments or fights?	Yes	No
<p>No Problem Minor Problem Moderate Problem Serious Problem</p>			