

Mood Disorder Questionnaire (MDQ)

The MDQ can help your doctor determine what type of mood disorder you may be experiencing.

Your Name: _____ Date: _____

Instructions: Please check one answer for each question.

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"/> Yes | <input type="radio"/> No |
| ...you were so irritable that you shouted at people or started fights or arguments? | <input type="radio"/> Yes | <input type="radio"/> No |
| ...you felt much more self-confident than usual? | <input type="radio"/> Yes | <input type="radio"/> No |
| ...you got much less sleep than usual and found you didn't really miss it? | <input type="radio"/> Yes | <input type="radio"/> No |
| ...you were much more talkative or spoke faster than usual? | <input type="radio"/> Yes | <input type="radio"/> No |
| ...thoughts raced through your head or you couldn't slow your mind down? | <input type="radio"/> Yes | <input type="radio"/> No |
| ...you were so easily distracted by things around you that you had trouble concentrating or staying on track? | <input type="radio"/> Yes | <input type="radio"/> No |
| ...you had much more energy than usual? | <input type="radio"/> Yes | <input type="radio"/> No |
| ...you were much more active or did many more things than usual? | <input type="radio"/> Yes | <input type="radio"/> No |
| ...you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night? | <input type="radio"/> Yes | <input type="radio"/> No |
| ...you were much more interested in sex than usual? | <input type="radio"/> Yes | <input type="radio"/> No |
| ...you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky? | <input type="radio"/> Yes | <input type="radio"/> No |
| ...spending money got you or your family into trouble? | <input type="radio"/> Yes | <input type="radio"/> 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; getting into arguments or fights?

- No problem Minor problem Moderate problem Serious problem

—Adapted with permission from Robert M. A. Hirschfeld, MD.