

THE MOOD QUESTIONNAIRE	DATE:	
NAME:	DATE OF BIRTH:	
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 your were not your normal		
...self or you were so hyper that you got into trouble?		
...you were so irritable that you shouted at people or started fights or arguments?		
...you felt much more self-confident than usual?		
...you got much less sleep than usual and found you didn't really miss it?		
...you were more talkative or spoke much faster than usual?		
...thoughts raced through your head or you couldn't slow your mind down?		
...you were easily distracted by things around you that you had trouble concentrating or staying on track?		
...you had much more energy than usual?		
...you were much more active or did many more things than usual?		
...you were much more social or outgoing than usual, for example, you telephoned		
friends in the middle of the night?		
...you were much more interested in sex than usual?		
...you did things that were usual for you or that other people might		
thought were excessive, foolish or risky?		
...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 the same period of time?		
3. How much of a problem did any of these cause you - like being able to work;		
having family, money, or legal troubles; getting into arguments or fights?		
<i>Please circle one response only.</i>		
No problem Minor problem Moderate problem Serious problem		
4. Have any of your blood relatives (i.e. children, siblings, parents, grandparents, aunts, uncles)		
had manic-depressive illness or bipolar disorder?		
5. Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?		
This instrument is designed for screening purposes and is not to be used as a diagnostic tool.		
<i>See last pages of pad for scoring algorithm</i>		

