

The first step in finding out whether you might have bipolar disorder is to have an in-depth discussion with your healthcare provider about your symptoms and how your condition may be affecting you. Answering the questions on this form will help you do that. It will take about 5 minutes to fill out. It is not meant to self-diagnose, so please print the form and bring it with you to your next appointment.

## Mood Disorder Questionnaire

Name:

Date:  /  /

Please answer the questions as best you can by putting a check in the appropriate box.

### 1. 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?	<input type="checkbox"/>	<input type="checkbox"/>
... you were so irritable that you shouted at people or started fights or arguments?	<input type="checkbox"/>	<input type="checkbox"/>
... you felt much more self-confident than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... you got much less sleep than usual and found that you didn't really miss it?	<input type="checkbox"/>	<input type="checkbox"/>
... you were more talkative or spoke much faster than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... thoughts raced through your head or you couldn't slow your mind down?	<input type="checkbox"/>	<input type="checkbox"/>
... you were so easily distracted by things around you that you had trouble concentrating or staying on track?	<input type="checkbox"/>	<input type="checkbox"/>
... you had much more energy than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... you were much more active or did many more things than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... you were much more social or outgoing than usual; for example, you telephoned friends in the middle of the night?	<input type="checkbox"/>	<input type="checkbox"/>
... you were much more interested in sex than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?	<input type="checkbox"/>	<input type="checkbox"/>
... spending money got you or your family into trouble?	<input type="checkbox"/>	<input type="checkbox"/>

### 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
	<input type="checkbox"/>	<input type="checkbox"/>

### 3. How much of a problem did any of these cause you? (like being unable to work; having family, money, or legal troubles; and/or getting into arguments or fights)

	No Problem	Minor Problem	Moderate Problem	Serious Problem
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>