

Mood Disorder Questionnaire (MDQ)

Patient Name: _____

Date of Visit: _____

Please answer each question to the best of your ability. Use "✓" to indicate your answer.

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?
- ...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 much more talkative or spoke much faster than usual?
- ...thoughts raced through your head or you couldn't slow your mind down?
- ...you were so 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 unusual for you or that other people might have thought were excessive, foolish, or risky?
- ...spending money got you or your family into trouble?

Yes No

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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

This is a screening tool and is not intended to provide a diagnosis.

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