

## MOOD DISORDER QUESTIONS

Name: \_\_\_\_\_ Date: \_\_\_\_\_

***Has there ever been a period of time when you were not your usual self and....***  
(If yes, please add comments)

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 much 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

If you checked YES to more than one of the above, have several of these ever happened during the same period of time? If yes, explain.  yes  no

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? If yes, explain.

No problem  
 Minor Problem  
 Moderate Problem  
 Serious Problem