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

**MDQ**

Instructions: Please answer the questions to the best of your ability. This is based on a period of time, lasting atleast 3-4 consecutive days, where these symptoms occurred together:

|  |  |  |
| --- | --- | --- |
| **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? |  |  |
| …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 in trouble? |  |  |
| **Total Number of “Yes” responses** |  | |
| 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 unable to work; having family, money or legal troubles; getting into arguments or fights?  **Please circle one response only:**  No Problem Minor Problem Moderate Problem Serious Problem |  |  |
| 4. Have any of your blood relatives (i.e. children, siblings, parents, grandparents, aunts, and uncles) had manic‐depressive illness or bipolar disorder? |  |  |
| 5. Has a health care professional ever told you that you have manic‐ depressive illness or bipolar disorder? |  |  |