Mood Disorder Questionnaire (MDQ)

Bipolar spectrum screening — 13 symptoms + co-occurrence + impairment

Has there been a period when you were so high, irritable, or energetic that you were not your usual self? If YES, answer each question below.

Administered by: _____

☐ Initial question — ever a period of unusual mood/energy? ☐ Yes ☐ No (if No, stop)

A Symptom checklist — mark Y for each that applied

1. Felt so good or so hyper that other people thought you were not your normal self	☐ Y	☐ N
2. Been so irritable that you shouted at people or started fights or arguments	☐ Y	☐ N
3. Felt much more self-confident than usual	☐ Y	☐ N
4. Got much less sleep than usual and found you didn't really miss it	☐ Y	☐ N
5. Much more talkative or spoke faster than usual	☐ Y	☐ N
6. Thoughts raced through your head	☐ Y	☐ N
7. So easily distracted that you had trouble concentrating or staying on track	☐ Y	☐ N
8. Much more energy than usual	☐ Y	☐ N
9. Much more active or did many more things than usual	☐ Y	☐ N
10. Much more social or outgoing than usual, e.g., telephoned friends in the middle of the night	☐ Y	☐ N
11. Much more interested in sex than usual	☐ Y	☐ N
	☐ Y	☐ N
13. Spending money got you or your family into trouble	☐ Y	☐ N

B Co-occurrence & functional impairment

Did several of these happen during the SAME time period? ☐ Y ☐ N

How much of a problem did these cause at work, home, or family? ☐ None ☐ Minor

C Scoring — positive screen requires ALL three

- ☐ ≥7 of 13 symptoms = Yes
- ☐ Several symptoms during the SAME time period
- ☐ Moderate or Serious functional impairment

RESULT: ☐ POSITIVE — bipolar spectrum screen → clinical interview required ☐ NEGATIVE

Clinical notes