

## Screening for Mania: The Mood Disorder Questionnaire (MDQ)

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

**Instructions:** Check the answer that best applies.

1. Has there ever been a period of time when you were not your usual self and...
  - ...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 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 in trouble?  YES  NO
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 able to work; having family, money, or legal troubles; getting into arguments or fights? *Please check 1 response only.*
  - No problem  Minor problem  Moderate problem  Serious problem
4. Have any of your blood relatives (ie, children, siblings, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder?  YES  NO
5. Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?  YES  NO

## **How to Use the MDQ**

This questionnaire should be used as a starting point. It is not a substitute for a full medical evaluation. This instrument is designed for screening purposes only and is not to be used as a diagnostic tool.

**The questionnaire takes less than 5 minutes to complete.** Patients simply check the yes or no boxes in response to the questions. The last question pertains to the patient's level of functional impairment.

## **How to Score**

**Further medical assessment for bipolar disorder is clearly warranted if patient:**

- Answers Yes to 7 or more of the events in question #1

**AND**

- Answers Yes to question #2

**AND**

- Answers Moderate problem or Serious problem to question #3