



## Mood Disorder Questionnaire (MDQ)

### Instructions:

Has there ever been a period of time when you were not your usual self and...

		Yes	No		
1	...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?	1	0		
2	...you were so irritable that you shouted at people or started fights or arguments?	1	0		
3	...you felt much more self-confident than usual?	1	0		
4	...you got much less sleep than usual and found you didn't really miss it?	1	0		
5	...you were much more talkative or spoke faster than usual?	1	0		
6	...thoughts raced through your head or you couldn't slow your mind down?	1	0		
7	...you were so easily distracted by things around you that you had trouble concentrating or staying on track?	1	0		
8	...you had much more energy than usual?	1	0		
9	...you were much more active or did many more things than usual?	1	0		
10	...you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?	1	0		
11	...you were much more interested in sex than usual?	1	0		
12	...you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?	1	0		
13	...spending money got you or your family into trouble?	1	0		
14	If you checked YES to more than one of the above, have several of these ever happened during the same period of time?	1	0		
		No problem	Minor problem	Moderate problem	Serious problem
15	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?	0	1	2	3



NovoPsych

**Developer Reference:**

Hirschfeld, R. M., Williams, J. B., Spitzer, R. L., Calabrese, J. R., Flynn, L., Keck, P. E., Jr, Lewis, L., McElroy, S. L., Post, R. M., Rappaport, D. J., Russell, J. M., Sachs, G. S., & Zajecka, J. (2000). Development and validation of a screening instrument for bipolar spectrum disorder: the Mood Disorder Questionnaire. *The American Journal of Psychiatry*, 157(11), 1873–1875. <https://doi.org/10.1176/appi.ajp.157.11.1873>

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