



MOOD DISORDER (BIPOLAR ILLNESS) QUESTIONNAIRE

PATIENT NAME: _____ DATE: _____

Please answer each question to the best of your abilities:

QUESTIONS	YES	NO
1. Has there ever been a time when you were not your usual self and _____		
You felt so good and so hyper that 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 more confident than usual?		
You got much less sleep than usual and found that you really didn't miss it?		
You got much more talkative or spoke faster than usual?		
Thoughts raced through your head, or you could not 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 and did a lot more than usual?		
You were much more social or outgoing than usual, for example you called friends in the middle of the night		
You were interested in sex more than usual?		
You did things that were unusual for you and that other people might have thoughts you were excessive, foolish or risky?		
Spending more than usual and that got you and your family in trouble?		
If you checked YES to more than one of the above, have several of these episodes ever happened during the same time period?		
2 How much of a problem did any of this cause you – like being able to work, having family, money, or legal trouble, getting into fights or arguments? ____ NO PROBLEM ____ MINOR PROBLEM ____ MODERATE PROBLEM ____ SERIOUS PROBLEM		
3. Have any of your blood relatives (Children, Siblings, Grandparents, Aunts, or Uncles) had Manic depressive illness or bipolar disorder?		
4. Has a health professional ever told you that you have mania- depressive illness or bipolar disorder?		

PATIENT SIGNATURE: _____

DATE: _____