Sharing your questionnaire responses with the healthcare provider may provide added insight into your loved one’s illness. While you’re having that conversation, here are some questions you may want to ask (plus some space to add your own). Also be sure to tell the healthcare provider of any previous diagnosis or family history of bipolar disorder.

• Based on the responses to this questionnaire, could my loved one’s symptoms be bipolar depression instead of another kind of depression?
• What are the differences between bipolar depression and other kinds of depression?
• Is bipolar depression treated differently from other kinds of depression? If so, how?
• What are the four FDA-approved treatment options for bipolar depression?
• What things can I do to help my loved one better manage his/her symptoms?
• __________________________________________
• __________________________________________
• __________________________________________
• __________________________________________

THE MOOD DISORDER QUESTIONNAIRE

1 - Has there ever been a period of time when your friend or loved one was not their usual self and...

... he or she seemed to feel so good or so hyper that other people thought they were not their normal self, or were so hyper that they got into trouble?  

... he or she was so irritable that they shouted at people or started fights or arguments?  

... he or she appeared to feel much more self-confident than usual?  

... he or she got much less sleep than usual and didn't appear to really miss it?  

... he or she was much more talkative and/or spoke much faster than usual? 

○ YES  ○ NO
... he or she has ever expressed that their thoughts raced in their head and/or they couldn’t slow their mind down?

... he or she was so easily distracted by things around them that they had trouble concentrating or staying on track?

... he or she had much more energy than usual?

... he or she was much more active and/or did many more things than usual?

... he or she was much more social or outgoing than usual—for example, telephoning friends in the middle of the night?

... he or she was much more interested in sex than usual?

... he or she did things that were unusual for them or that you or other people might have thought were excessive, foolish, or risky?

... spending money got them or their family into trouble?

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 your friend or loved one—like being unable to work; having family, money, or legal troubles; getting into arguments or fights?

This instrument is designed for screening purposes only and is not to be used as a diagnostic tool.

Always consult with your healthcare provider.

THE MOOD DISORDER QUESTIONNAIRE