

Primary Care *Mood Disorders Questionnaire*

Your health care provider will help you score and understand this test when you are done.

1.	Has there ever been a period of time when you were not your usual self and (while not using drugs or alcohol) ...		
	...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? (<i>circle yes or no for each line please</i>)	Yes	No
	...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 into trouble?	Yes	No

2.	If you checked YES to more than one of the above, have several of these ever happened during the <i>same period of time</i> ?	Yes	No
3.	How much of a <i>problem</i> did any of these cause you -- like being unable to work; having family, money, or legal troubles; getting into arguments or fights? No Problem Minor Problem Moderate Problem Serious Problem		

4.	Draw a line connecting any (blood) relative to any problem (this doesn't have to be neat): <i>Grandparents Parents Aunts/Uncles Brothers/Sisters Children</i> Suicide Alcohol/drug problems Mental Hospital Depression Problems Manic or bipolar		
5.	Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?	Yes	No

If the test says yes: for information about "mood swings without mania", now called *Bipolar II*, see: **www.psycheducation.org**. This is something to learn about, not necessarily about *you*.

If the test says no, antidepressants are okay. They can occasionally cause: unusual thoughts, including violent and suicidal ones; irritability; too much energy; and severe sleep problems. Contact your doctor if you think this might be happening to you.

Your Name _____ Today's Date _____