

Mathers Clinic: Bipolar - Mood Disorder Questionnaire

Answer each of the following questions to the best of your ability, then talk with your healthcare provider.

- Yes No **1a.** Has there ever been a period of time when you were not your usual self and 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?
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- Yes No **1b.** 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?
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- Yes No **1c.** Has there ever been a period of time when you were not your usual self and you felt much more self-confident than usual?
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- Yes No **1d.** Has there ever been a period of time when you were not your usual self and you had much less sleep than usual and found you didn't really miss it?
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- Yes No **1f.** Has there ever been a period of time when you were not your usual self and you were much more talkative or spoke much faster than usual?
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- Yes No **1g.** Has there ever been a period of time when you were not your usual self and thoughts raced through your head or you couldn't slow your mind down?
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- Yes No **1h.** Has there ever been a period of time when you were not your usual self and you were so easily distracted by things around you that you had trouble concentrating or staying on track?
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- Yes No **1i.** Has there ever been a period of time when you were not your usual self and you had much more energy than usual?
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- Yes No **1j.** Has there ever been a period of time when you were not your usual self and you were much more active or did many more things than usual?
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- Yes No **1k.** Has there ever been a period of time when you were not your usual self and you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?
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- Yes No **1l.** Has there ever been a period of time when you were not your usual self and you were much more interested in sex than usual?
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- Yes No **1m.** Has there ever been a period of time when you were not your usual self and you did things that were unusual for you or that other people might have thought were excessive, foolish or risky?
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- Yes No **1n.** Has there ever been a period of time when you were not your usual self and spending money got you or your family into trouble?
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- 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?
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- 3.** 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? No Problem Minor Problem Moderate Problem Serious Problem

This questionnaire is designed for screening purposes only and is not to be used as a diagnostic tool. Always consult with your healthcare professional.

Adapted from Robert M.A. Hirschfeld



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