

Appendix 2. Mood Disorder Questionnaire

(Available at <http://www.psycheducation.org/depression/MDQ.htm>)

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

- You felt so good or so hyper, when you were not on drugs or alcohol, that other people thought you were not your normal self or you were so hyper that you got into trouble? 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 that you didn't really miss it? Yes No
- You were much more talkative or spoke much 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 in trouble? 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? Yes No

3. How much of a problem did any of these cause you—like being unable to work; having family, money, or legal trouble; getting into arguments or fights?

- No problem Minor problem Moderate problem Serious problem

Interpretation

Criteria for a positive MDQ:

- Question 1: at least 7 Yes responses
- Question 2: a Yes response
- Question 3: Yes, at least a minor problem.

Scoring reminder for positive test: 7YY

A negative MDQ comes close to ruling out bipolar disorder. A positive MDQ is not diagnostic, but indicates that further assessment for bipolar disorder is warranted.

Adapted from:

1. Piver A, Yatham LN, Lam RW. Bipolar spectrum disorders. New perspectives. *Can Fam Physician* 2002; 48:896-904 PM:12053634
2. Scoring the Mood Disorders Questionnaire. PsychEducation.org 2007

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