

# THE MOOD DISORDER QUESTIONNAIRE

## family member version

Instructions: Please answer each question as best you can.

YES NO

**Has there ever been a period of time when your loved one was not his/her usual self and...**

... he/she felt so good or so hyper that other people thought he/she was not his/her normal self or he/she was so hyper that he/she got into trouble?

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... he/she were so irritable that he/she shouted at people or started fights or arguments?

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... he/she felt much more self-confident than usual?

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... he/she got much less sleep than usual and found he/she didn't really miss it?

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

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... thoughts raced through his/her head or he/she couldn't slow his/her mind down?

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... he/she were so easily distracted by things around him/her that he/she had trouble concentrating or staying on track?

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

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

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... he/she were much more social or outgoing than usual, for example, he/she telephoned friends in the middle of the night?

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... he/she were much more interested in sex than usual?

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

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... spending money got his/her family into trouble?

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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 him/her- like being unable to work; having family, money or legal troubles; getting into arguments or fights?

No problem      Minor problem      Moderate problem      Serious problem

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4 Have any of his/her blood relatives (i.e. children, siblings, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder?

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5 Has a health professional ever told him/her that he/she had manic-depressive illness or bipolar disorder?

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