THE MOOD DISORDER QUESTIONNAIRE

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

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...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? ○ yes ○ no
…………………………………………………………………………………………………………….
...you were so irritable that you shouted at people or started fights or arguments? ○ yes ○ no
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...you felt much more self-confident than usual? ○ yes ○ no
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...you got much less sleep than usual and found you didn’t really miss it? ○ yes ○ no
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...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
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...you had much more energy than usual? ○ yes ○ no
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...you were much more active or did many more things than usual? ○ yes ○ no
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...you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night? ○ yes ○ no
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...you were much more interested in sex than usual? ○ yes ○ no
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...you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky? ○ yes ○ no
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...spending money got you or your family in trouble? ○ yes ○ no
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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? ○ yes ○ no

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?
   Please select one response only.
   ○ No Problem ○ Minor Problem ○ Moderate Problem ○ Serious Problem

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