Screening for Bipolar Disorder

• The Mood Disorder Questionnaire (MDQ) is a valid and reliable screening tool that may be used to help determine whether patients are experiencing symptoms of bipolar disorder.¹

• Patients who screen positive may benefit from a comprehensive diagnostic evaluation

Scoring the MDQ for Bipolar Disorder

The MDQ screens for a lifetime history of manic or hypomanic symptoms by including 13 yes/no items derived from both the DSM-IV criteria and clinical experience.

Positive screen for bipolar disorder requires the patient to answer:

• “Yes” to at least 7 of the 13 parts in question 1, and
• “Yes” to question 2, and
• “Moderate” or “Serious” to question 3

Mood Disorder Questionnaire (MDQ)

The MDQ can help your doctor determine what type of mood disorder you may be experiencing.

Your Name: ____________________________ Date: ____________________________

Instructions: Please check one answer for each question.

1. 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? ☐ 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 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?
   ☐ No problem ☐ Minor problem ☐ Moderate problem ☐ Serious problem

—Adapted with permission from Robert M. A. Hirschfeld, MD.