Mood Disorder Questionnaire (MDQ)

Name: A.G. Date: 3·10·2023

Instructions: Check (✓) the answer that best applies to you.
Please answer each question as best you can.

	Yes	No
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?	○	X
...you were so irritable that you shouted at people or started fights or arguments?	○	X
...you felt much more self-confident than usual?	○	X
...you got much less sleep than usual and found you didn't really miss it?	○	X
...you were much more talkative or spoke faster than usual?	○	X
...thoughts raced through your head or you couldn't slow your mind down?	X	○
...you were so easily distracted by things around you that you had trouble concentrating or staying on track?	X	○
...you had much more energy than usual?	X	○
...you were much more active or did many more things than usual?	X	○
...you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?	X	○
...you were much more interested in sex than usual?	X	○
...you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?	X	○
...spending money got you or your family in trouble?	○	X
2. If you checked YES to more than one of the above, have several of these ever happened during the same period of time? *Please check 1 response only.*	X	○
3. How much of a problem did any of these cause you — like being able to work; having family, money, or legal troubles; getting into arguments or fights? *Please check 1 response only.* ○ No problem X Minor problem ○ Moderate problem ○ Serious problem		
4. Have any of your blood relatives (ie, children, siblings, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder?	X	○
5. Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?	○	X

This questionnaire should be used as a starting point. It is not a substitute for a full medical evaluation. Bipolar disorder is a complex illness, and **an accurate, thorough diagnosis can only be made through a personal evaluation by your doctor.**

Adapted from Hirschfeld R, Williams J, Spitzer RL, et al. Development and validation of a screening instrument for bipolar spectrum disorder: the Mood Disorder Questionnaire. *Am J Psychiatry.* 2000;157:1873-1875.

Mental Status Exam

Client Name	A. G.	Date	3-10-2023

OBSERVATIONS

Appearance	☒ Neat	☐ Disheveled	☐ Inappropriate	☐ Bizarre	☐ Other
Speech	☒ Normal	☐ Tangential	☐ Pressured	☐ Impoverished	☐ Other
Eye Contact	☒ Normal	☐ Intense	☐ Avoidant	☐ Other	
Motor Activity	☒ Normal	☐ Restless	☐ Tics	☐ Slowed	☐ Other
Affect	☐ Full	☐ Constricted	☒ Flat	☐ Labile	☐ Other

Comments:

MOOD

☒ Euthymic ☐ Anxious ☐ Angry ☐ Depressed ☐ Euphoric ☐ Irritable ☐ Other

Comments:

COGNITION

Orientation Impairment	☒ None	☐ Place	☐ Object	☐ Person	☐ Time
Memory Impairment	☒ None	☐ Short-Term	☐ Long-Term	☐ Other	
Attention	☒ Normal	☐ Distracted	☐ Other		

Comments:

PERCEPTION

Hallucinations	☒ None	☐ Auditory	☐ Visual	☐ Other
Other	☒ None	☐ Derealization	☐ Depersonalization	

Comments:

THOUGHTS

Suicidality	☒ None	☐ Ideation	☐ Plan	☐ Intent	☐ Self-Harm
Homicidality	☒ None	☐ Aggressive	☐ Intent	☐ Plan	
Delusions	☒ None	☐ Grandiose	☐ Paranoid	☐ Religious	☐ Other

Comments:

BEHAVIOR

☒ Cooperative ☐ Guarded ☐ Hyperactive ☐ Agitated ☐ Paranoid
☐ Stereotyped ☐ Aggressive ☐ Bizarre ☐ Withdrawn ☒ Other

Comments: PT showed emotion + very open with me.

INSIGHT	☒ Good	☐ Fair	☐ Poor	Comments:
JUDGMENT	☒ Good	☐ Fair	☐ Poor	Comments:

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