

# Mood Questionnaire

INSTRUCTIONS: 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?

...you were so irritable that you shouted at people or started fights or arguments? \_\_\_\_\_

...you felt much more self-confident than usual? \_\_\_\_\_

...you got much less sleep than usual and found that you didn't really miss it? \_\_\_\_\_

...you were more talkative or spoke much faster than usual? \_\_\_\_\_

...thoughts raced through your head or you couldn't slow your mind down? \_\_\_\_\_

...you were so easily distracted by things around you that you had trouble concentrating or staying on track? \_\_\_\_\_

...you had much more energy than usual? \_\_\_\_\_

...you were much more active or did many more things than usual? \_\_\_\_\_

...you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?  
\_\_\_\_\_

...you were much more interested in sex than usual? \_\_\_\_\_

...you did things that were unusual for you or that other people might have thought were excessive, foolish or risky?  
\_\_\_\_\_

...spending money got you or your family in trouble? \_\_\_\_\_

2. If you checked YES to more than one of the above, have several of these ever happened during the same period of time?  
\_\_\_\_\_

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?

No problem     Minor problem     Moderate problem     Serious problem