



MOOD DISORDER QUESTIONNAIRE (MDQ)

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(Please answer all questions carefully and honestly as possible)

**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 in to trouble?**

- Yes
- No
- Some what

2. You were so irritable that you shouted at people or started fights or arguments?

- Yes
- No
- Quite a lot

3. You felt much more confident than usual?

- Yes
- No

4. I have a quick temper... a short fuse.

- Not at all
- Just a little
- Somewhat

- Moderately
- Quite a lot
- Very much

5. I am irritable, and get upset by minor annoyances.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

6. You got less sleep than usual and found you do not really miss it?

- Yes
- No

7. You are much more talkative or speak faster than usual?

- Yes
- No

8. Your thoughts raced through your head and you can not slow down my mind?

- Yes
- No

9. Do you get distracted easily by things around you and you have trouble concentrating or staying on track?

- Yes
- No

10. You had much more energy than usual?

- Yes
- No

11. Were you much more active and did many things than usual?

- Yes
- No

12. You were much more social and out going than usual, for example phone a friend in middle of night? Spending your own money or time to help someone you knew little?

- Yes
- No

13. You are much more interested in sex than usual?

- Yes
- No

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

- Yes
- No

15. Spending money got you or your family into trouble?

- Yes
- No

16. If you checked Yes to more than one have several of these happened at same period of time?

- Yes
- No

17. 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?

- Not at all
- Just a little
- somewhat
- Moderately
- Quite a lot
- Very much

18. Did any body in the family: parents, grand parents, siblings, aunts, uncles had manic-depressive illness or bipolar disorder?

- No
- Yes

19. Have any health professional told you have manic-depressive illness or bi-polar disorder.

- No
- Yes