
*Mood Stability Screening

First Name: *

Last Name: *

Date of Birth: *

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 in
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?
Please check 1 response only.

☐ Yes ☐ No

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 ☐ 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? *

☐ Yes ☐ No

5. Has a health professional ever told you
that you have manic-depressive illness or
bipolar disorder? *

☐ Yes ☐ No

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.

This instrument is designed for screening purposes only and is not to be used as a diagnostic tool.

Further medical assessment for bipolar disorder is clearly warranted if patient:

Answers YES to 7 or more of the events in question #1

AND

Answers YES to question # 2

AND

Answers Moderate problem or Serious problem to question # 3