The Mood Disorder Questionnaire (MDQ) - Overview

The Mood Disorder Questionnaire (MDQ) was developed by a team of psychiatrists, researchers and consumer advocates to address the need for timely and accurate evaluation of bipolar disorder.

Clinical Utility
- The MDQ is a brief self-report instrument that takes about 5 minutes to complete.
- This instrument is designed for screening purposes only and is not to be used as a diagnostic tool.
- A positive screen should be followed by a comprehensive evaluation.

Scoring
In order to screen positive for possible bipolar disorder, all three parts of the following criteria must be met:
- “YES” to 7 or more of the 13 items in Question 1 AND
- “Yes” to Question number 2 AND
- “Moderate Problem” or “Serious Problem” to Question 3

Psychometric Properties
The MDQ is best at screening for bipolar I (depression and mania) disorder and is not as sensitive to bipolar II (depression and hypomania) or bipolar not otherwise specified (NOS) disorder.

<table>
<thead>
<tr>
<th>Population /type</th>
<th>Sensitivity &amp; Specificity</th>
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</thead>
<tbody>
<tr>
<td>Out-patient clinic serving primarily a mood disorder population¹</td>
<td>Sensitivity 0.73  &lt;br&gt; Specificity 0.90</td>
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<tr>
<td>General Population²</td>
<td>Sensitivity 0.28  &lt;br&gt; Specificity 0.97</td>
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<tr>
<td>37 Bipolar Disorder patients 36 Unipolar Depression patients³</td>
<td>Overall Sensitivity 0.58 (BDI 0.58-BDII/NOS 0.30)  &lt;br&gt; Overall Specificity 0.67</td>
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<tr>
<td>Primary care patients receiving treatment for depression⁴</td>
<td>Sensitivity 0.58  &lt;br&gt; Specificity 0.93</td>
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# Mood Disorder Questionnaire

Patient Name __________________________________________ Date of Visit ________________

Please answer each question to the best of your ability

## 1. Has there ever been a period of time when you were not your usual self and... YES NO

- ...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 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 unable to work; having family, money or legal troubles; getting into arguments or fights?

- □ No problems
- □ Minor problem
- □ Moderate problem
- □ Serious problem

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