

Bipolar Screen

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Please answer each question to the best of your ability. **Please note, all fields are required.**

1. Has there ever been a period of time when you were not your usual self and... You felt so good or hyper that other people thought you were not your normal self or 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 much 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 into 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?	Yes	No

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Acknowledgement

This instrument was developed by a committee composed of the following individuals: Chairman, Robert M.A. Hirschfeld, MD – University of Texas Medical Branch; Joseph R. Calabrese, MD – Case Western Reserve School of Medicine; Laurie Flynn – National Alliance for the Mentally Ill; Paul E. Keck, Jr., MD – University of Cincinnati College of Medicine; Lydia Lewis – National Depressive and Manic-Depressive Association; Robert M. Post, MD – National Institute of Mental Health; Gary S. Sachs, MD – Harvard University School of Medicine; Robert L. Spitzer, MD – Columbia University; Janet Williams, DSW – Columbia University and John M. Zajecka, MD – Rush Presbyterian-St. Luke's Medical Center. It is used with permission.

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<p>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?</p>	No Problem	Minor Problem	Moderate Problem	Serious Problem
<p>*4. Have any of your blood relatives had manic-depressive illness or bipolar disorder? i.e. Children, siblings, parents, grandparents, aunts, and uncles.</p>	Yes			No
<p>*5. Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?</p>	Yes			No

Question 1: Yes = _____ No = _____

Question 2: Yes or No

Question 3: _____

*Note: Questions 4 and 5 are helpful for a mental health professional in making a formal diagnosis. If you scored positive, we recommend you take your results with you for further evaluation.

The MDQ screens for Bipolar Spectrum Disorder, (which includes Bipolar I, Bipolar II and Bipolar NOS).

You have a positive screen if you answered:

1. "Yes" to seven or more of the 13 items in question number 1;
AND
2. "Yes" to question number 2;
AND
3. "Moderate" or "Serious" to question number 3;

All three of the criteria above should be met. A positive screen should be followed by a comprehensive medical evaluation for Bipolar Spectrum Disorder.

The MDQ was developed by a team of psychiatrists, researchers and consumer advocates to address a critical need for timely and accurate diagnosis of bipolar disorder, which can be fatal if left untreated. Clinical trials have indicated that the MDQ has a high rate of accuracy; it is able to identify seven out of ten people who have bipolar disorder and screen out nine out of ten people who do not.¹ A recent National DMDA survey revealed that nearly 70% of people with bipolar disorder had received at least one misdiagnosis and many had waited more than 10 years from the onset of their symptoms before receiving a correct diagnosis. We hope that screening will help shorten this delay and help more people to get the treatment they need, when they need it.

¹ Hirschfeld, Robert M.A., M.D., Janet B.W. Williams, D.S.W., Robert L. Spitzer, M.D., Joseph R. Calabrese, M.D., Laurie Flynn, Paul E. Keck, Jr., M.D., Lydia Lewis, Susan L. McElroy, M.D., Robert M. Post, M.D., Daniel J. Rapport, M.D., James M. Russell, M.D., Gary S. Sachs, M.D., John Zajecka, M.D., "Development and Validation of a Screening Instrument for Bipolar Spectrum Disorder: The Mood Disorder Questionnaire." American Journal of Psychiatry 157:11 (November 2000) 1873-1875.

Bipolar Screen Results

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Bipolar Positive

Based on your responses, it is likely you are experiencing symptoms of bipolar disorder. Living with these symptoms could be causing difficulty managing relationships and even the tasks of everyday life.

Bipolar disorder, is an illness involving one or more episodes of serious mania and depression. Sometimes a person might only experience symptoms of mania. If a person only experiences feelings of sadness, this is considered depression. During episodes of bipolar disorder, a person's mood can swing from excessively "high" and/or irritable to sad and hopeless, with periods of a normal mood in between. More than 2 million Americans suffer from bipolar disorder.

These results do not mean that you have bipolar disorder, but it may be time to start a conversation with your doctor. Finding the right treatment plan and working with your doctor or healthcare provider can help you feel more like you again.

This screen is not meant to be a diagnosis. Diagnosis and care of mental health conditions can be difficult. Having symptoms of bipolar disorder is different than having a bipolar disorder. In addition, symptoms of bipolar disorder can be caused by other mental health conditions, or other health problems. Only a trained professional, such as a doctor or a mental health provider, can make this determination. However, by printing the results and bringing it to your doctor, you can open up the conversation.

Our resources on bipolar disorder or working with providers may help you take your next steps.

Disclaimer

Please note: You are encouraged to share your results with a physician or healthcare provider. Mental Health America Inc., sponsors, partners, and advertisers disclaim any liability, loss, or risk incurred as a consequence, directly or indirectly, from the use and application of these screens.

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Bipolar Negative

Based on your answers, you have little or no symptoms of bipolar disorder.

If you notice that your symptoms aren't improving or get worse, you may want to bring them up with your doctor or rescreen.

This screen is not meant to be a diagnosis, or the elimination of a diagnosis. Only a trained medical professional can diagnose bipolar disorder.

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