

Mood Disorder Questionnaire (MDQ)

The MDQ is a screening tool designed to identify the characteristic symptoms of bipolar disorders, particularly bipolar I and II disorders. It assesses the presence of episodes of elevated, expansive, or irritable mood, accompanied by associated behaviors, in order to guide the clinical evaluation. Although it does not establish a diagnosis, it allows rapid identification of patients who may require further investigation.

Number of questions	15 questions
Estimated duration	3 minutes
Language	English
Original name	Mood Disorder Questionnaire
Target audience	Adults
Authors	Robert M.A. Hirschfeld et al. (2000)
Category	Mood disorders

Preview of the 15 questions

Have there ever been periods when you were not your usual self and when:

You felt so good and so full of energy that others found it wasn't normal (or thought you were likely to get into trouble)

YES NO

Have there ever been periods when you were not your usual self and when:

You were so irritable that you yelled at people (or provoked fights or arguments)

YES NO

Have there ever been periods when you were not your usual self and when:

You felt much more sure of yourself than usual

YES NO

Have there ever been periods when you were not your usual self and when:

You slept much less than usual and felt you weren't really missing it

YES NO

Have there ever been periods when you were not your usual self and when:

You were much chattier and spoke much faster than usual

YES NO

Scoring & interpretation

A result is considered positive if:

- • The patient answers “Yes” to at least 7 of the 13 items
- • The symptoms occurred during the same period of time
- • They caused a moderate to serious problem in daily life

A positive result does not imply a diagnosis, but it warrants a more thorough clinical evaluation to explore a possible bipolar disorder.