



The Mood Disorder Questionnaire Bipolar Screening (MDQ)¹

The MDQ is the only validated screening for bipolar disorder. The screening asks if individuals have experienced any of thirteen symptoms over a period of time.

Symptoms include:

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

Individuals respond by indicating Yes or No.

The next question asks if individuals experienced several of the symptoms during the same period of time.

The final question asks the severity of problems the symptoms caused, in terms of being unable to work, having family, money or legal troubles, or getting into arguments or fights, etc.

- No problem
- Minor problem
- Moderate problem
- Serious problem

Scoring assigns a numerical value to each answer of a symptom question and adds the total value of responses:

- Yes = 1
- No = 0

Interpretation:

Individuals are considered positive for bipolar disorder if they scored between 7 and 13 AND answered Yes to experiencing multiple symptoms during the same period of time AND that symptoms were a Moderate problem or Serious problem.

These respondents should be evaluated for bipolar disorder.

¹ Hirschfeld, R. M., Holzer, C., Calabrese, J. R., Weissman, M., Reed, M., Davies, M., Frye, M. A., Keck, P., McElroy, S., Lewis, L., Tierce, J., Wagner, K. D., & Hazard, E. (2003). Validity of the mood disorder questionnaire: a general population study. *American Journal of Psychiatry*, 160, 178-180.