



## **MOOD DISORDERS ASSOCIATION OF MANITOBA INC.**

PROVINCIAL OFFICE: 100-4 FORT STREET WINNIPEG MANITOBA R3C 1C4  
PHONE: (204) 786-0987 TOLL FREE (OUTSIDE OF WINNIPEG) 1 (800) 263-1460 FAX: (204) 775-3497  
WEB: depression.mb.ca E-MAIL: sdmdm@depression.mb.ca

### **Bipolar Disorder Assessment: Questionnaire**

Source: WebMD Inc. website

**Has there ever been a period of time when you were not  
your usual self and ...**

- |   | <b>NO</b> | <b>YES</b> |
|---|-----------|------------|
| - <b>you felt so good or so hyper</b> that other people thought you were not your normal self or you were so hyper that you got into trouble? | _____     | _____      |
| - <b>you were so irritable</b> that you shouted at people or started fights or arguments?   | _____     | _____      |
| - <b>you felt much more self-confident</b> than usual?  | _____     | _____      |
| - <b>you got much less sleep</b> than usual and found you didn't really miss it?  | _____     | _____      |
| - <b>you were much more talkative</b> or spoke much faster than usual?  | _____     | _____      |
| - <b>thoughts raced through your head</b> or you couldn't slow your mind down?  | _____     | _____      |
| - <b>you were so easily distracted</b> by things around you that you had trouble concentrating or staying on track?                           | _____     | _____      |
| - <b>you had much more energy</b> than usual?   | _____     | _____      |
| - <b>you were much more active</b> or did many more things than usual?  | _____     | _____      |
| - <b>you were much more social</b> or outgoing than usual, for example, you telephoned friends in the middle of the night?                    | _____     | _____      |
| - <b>you were much more interested</b> in sex than usual?   | _____     | _____      |

- |  | NO    | YES   |
|--|-------|-------|
| - <b>you did things that were unusual for you</b> or that other people might have thought were excessive, foolish, or risky? | _____ | _____ |
| - <b>spending money</b> got you or your family into trouble?   | _____ | _____ |

**Bipolar Disorder Assessment:  
Questionnaire (Part 2)**

- |   |       |       |
|---|-------|-------|
| 1. <b>Over the past two weeks</b> have you felt down, depressed, hopeless?  | _____ | _____ |
| 2. <b>Over the past two weeks</b> have you felt little interest or pleasure in doing things?  | _____ | _____ |
| 3. <b>Has there ever been a period</b> where you were feeling down, depressed or hopeless most of the day, nearly every day, for as long as two weeks?  | _____ | _____ |
| 4. <b>Has there ever been a period of time</b> when you felt little interest or pleasure in doing things or unable to enjoy things you usually would enjoy nearly every day for as long as two weeks? | _____ | _____ |
| 5. <b>Do you drink</b> alcohol?   | _____ | _____ |
| 6. <b>Has anyone expressed a concern</b> that you may have a problem with alcohol or other chemical dependency?   | _____ | _____ |
| 7. <b>In the past 12 months</b> , have you used any other drugs, such as, marijuana, methamphetamine, cocaine, PCP, LSD, heroin, prescription pain medications, prescription sedatives etc.?          | _____ | _____ |

***IMPORTANT NOTICE***

This questionnaire is not a substitute for a clinical evaluation. Only your doctor can make a definite diagnosis. If you have concerns or questions regarding Bipolar Affective Disorder, discuss your results and any concerns with your physician and/or other qualified healthcare professional.

***“There is hope and there is help.”***