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.

Population /type	Sensitivity & Specificity
Out-patient clinic serving primarily a mood disorder population ¹	Sensitivity 0.73 Specificity 0.90
General Population ²	Sensitivity 0.28 Specificity 0.97
37 Bipolar Disorder patients 36 Unipolar Depression patients ³	Overall Sensitivity 0.58 (BDI 0.58-BDII/NOS 0.30) Overall Specificity 0.67
Primary care patients receiving treatment for depression ⁴	Sensitivity 0.58 Specificity 0.93

- 1. Hirschfeld RMA. et, al. Development and validation of a screening instrument for bipolar spectrum disorder: The Mood Disorder Questionnaire, Am J of Psychiatry, 2000, 157:1873-1875.
- 2. Hirschfeld RMA. The mood disorder Questionnaire: A simple, patient-rated screening instrument for bi-polar disorder. Journal of Clinical Psychiatry Primary Care Companion 2002; 4: 9-11.
- 3. Miller CJ et al, Sensitivity and specificity of the Mood Disorder Questionnaire for detecting bipolar disorder. J Affect Disorder 2004. 81: 167-171.
- 4. Hirschfeld RMA, et al. Screening for bipolar disorder in patients treated for depression in a family medicine clinic. JABFP 2005, 18: 233-239.

Mood Disorder Questionnaire

Patient Name	Date of Visit	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 w were so hyper that you got into trouble?	vere not your normal self or you			
you were so irritable that you shouted at people or started fig	hts 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 has staying on track?	ad trouble concentrating or			
you had more energy than usual?				
you were much more active or did many more things than usu	ual?			
you were much more social or outgoing than usual, for exampethe middle of the night?	ple, you telephoned friends in			
you were much more interested in sex than usual?				
you did things that were unusual for you or that other people excessive, foolish, or risky?	might have thought were			
spending money got you or your family in trouble?				
. If you checked YES to more than one of the above, have	several of these ever			