

Results:

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. You can also find more resources about supports at: Get Help, Finding Therapy, SAMHSA Treatment Locator, or contact a local MHA affiliate.

Answers:

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. The questionnaire takes about five minutes to complete, and can provide important insights into diagnosis and treatment. 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. National DMDA hopes that the MDQ will shorten this delay and help more people to get the treatment they need, when they need it.

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

If the patient answers:

"Yes" to seven or more of the 13 items in question number 1;

AND

"Yes" to question number 2;

AND

"Moderate" or "Serious" to question number 3;

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

Your Answers

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

You were so irritable that you shouted at people or started fights or arguments?:

Yes

You felt much more self-confident than usual?:

Yes

You got much less sleep than usual and found you didn't really miss it?:

Yes

You were much more talkative or spoke much faster than usual?:

Yes

Thoughts raced through your head or you couldn't slow your mind down?:

Yes

You were so easily distracted by things around you that you had trouble concentrating or staying on track?:

Yes

You had much more energy than usual?:

Yes

You were much more active or did many more things than usual?:

Yes

You were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?:

Yes

You were much more interested in sex than usual?:

Yes

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

Yes

Spending money got you or your family into trouble?:

Yes

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

3. How much of a problem did any of these cause you?:

Moderate Problem

4. Have any of your blood relatives had manic-depressive illness or bipolar disorder?:

No

5. Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?:

No