
MOOD DISORDER QUESTIONNAIRE (MDQ)

INSTRUCTIONS FOR THE CLINICIAN

The Mood Disorder Questionnaire (MDQ) is a validated screening tool for bipolar disorder that can be administered either by the clinician or self-administered by the patient.

The MDQ consists of 15 questions and takes about 5 minutes to complete. The first 13 questions about possible symptoms are answered with either “yes” or “no.” The other 2 questions assess family history, past diagnoses, and disease severity.

Bipolar disorder is commonly misdiagnosed. The likelihood of underdiagnosis or a missed diagnosis is greatly lessened by the routine use of a screening instrument such as the MDQ. Use of the MDQ can identify 70% of persons with bipolar disorder while eliminating the diagnosis for 90% of persons without the condition.

The MDQ was developed and validated by Robert Hirschfeld, MD, and colleagues.*

MDQ Scoring Algorithm

Positive Screen

(All three of the following criteria must be met)

Scoring

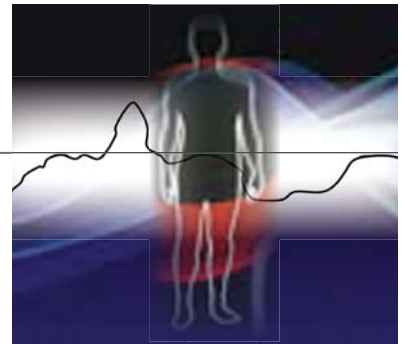
Question **1**:
7 of 13 positive (yes) responses

+

Question **2**:
positive (yes) response

+

Question **3**:
“moderate” or “serious” response



*Hirschfeld RM, Williams JB, Spitzer RL, et al. Development and validation of a screening instrument for bipolar spectrum disorder: the Mood Disorder Questionnaire. *Am J Psychiatry*. 2000;157:1873-1875.