

## Mood Disorder Self-Test

Is it possible that I have symptoms of Mood Disorder?

Has there ever been a period of time when you:

<u>Question</u>	<u>Yes</u>	<u>No</u>
1. 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?	_____	_____
2. were so irritable that you shouted at people or started fights or arguments?	_____	_____
3. felt much more self-confident than usual?	_____	_____
4. got much less sleep than usual and found you didn't really miss it?	_____	_____
5. were much more talkative or spoke much faster than usual?	_____	_____
6. had thoughts that raced through your head or you couldn't slow your mind down?	_____	_____
7. were so easily distracted by things around you that you had trouble concentrating or staying on track?	_____	_____
8. had much more energy than usual?	_____	_____
9. were much more active or did many more things than usual?	_____	_____
10. were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?	_____	_____
11. were much more interested in sex than usual?	_____	_____
12. did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?	_____	_____
13. spent money on things you didn't need and got you or your family into trouble?	_____	_____

Although this, or no self-test, is conclusive, if you answered YES to more than one of these questions, there is a possibility you may be have Mood Disorder and you should contact an iTherapyRX counselor or another health care professional.