

Bipolar Spectrum / Mood Episode Questionnaire

For lifetime periods of elevated, expansive, or unusually irritable mood, especially when accompanied by increased energy or reduced need for sleep.

Patient name:	_____	Date of birth:	_____
Date completed:	_____	Appointment date:	_____

Important

Normal happiness, brief excitement, medication effects, and substance intoxication are not the same as hypomania or mania. A clinician must evaluate duration, severity, change from baseline, impairment, psychosis, and alternative causes.

A. Lifetime elevated or irritable mood symptoms

Question	No	Yes	Unsure
Have you had a distinct period when your mood was unusually elevated, expansive, or irritable compared with your usual self?	☐	☐	☐
During that period, did you need much less sleep and still feel rested?	☐	☐	☐
Did you talk more or faster than usual, or feel pressure to keep talking?	☐	☐	☐
Did your thoughts race or jump rapidly from topic to topic?	☐	☐	☐
Were you more distractible than usual?	☐	☐	☐
Did you have increased energy, activity, productivity, socializing, sexuality, or goal-directed behavior?	☐	☐	☐
Did you feel unusually confident, powerful, talented, important, or invulnerable?	☐	☐	☐
Did you spend excessively, drive recklessly, gamble, use substances, become sexually impulsive, or take other unusual risks?	☐	☐	☐
Did others notice a clear change in you?	☐	☐	☐
Did the episode cause major impairment, hospitalization, legal problems, relationship damage, or psychosis?	☐	☐	☐
Longest episode duration:	Approximate age at first episode:		
_____	_____		
_____	_____		

Question	No	Yes	Unsure
Most recent episode date: 	Number of similar episodes: 		
Typical hours of sleep during episode: 	Hospitalization required? 		
Substance or medication involved? 	Psychotic symptoms present? 		

Bipolar Spectrum / Mood Episode Questionnaire — continued

B. Depressive episodes and pattern

Question	No	Yes	Unsure
Have you had a period of at least two weeks with depressed mood or loss of interest plus other depressive symptoms?	☐	☐	☐
Do mood episodes occur after childbirth, seasonal changes, antidepressant treatment, sleep loss, or substance use?	☐	☐	☐
Has an antidepressant ever caused marked agitation, insomnia, racing thoughts, impulsivity, or elevated mood?	☐	☐	☐
Is there a biological family history of bipolar disorder, hospitalization for mood episodes, or suicide?	☐	☐	☐
Have episodes caused job loss, financial damage, relationship disruption, arrest, or inability to care for yourself?	☐	☐	☐

Describe the clearest elevated or irritable episode:

Describe the clearest depressive episode:

C. Current episode and safety

Current safety question	No	Yes	Unsure
Are you currently sleeping much less than usual without feeling tired?	☐	☐	☐
Are you currently unusually impulsive, agitated, aggressive, or unable to slow down?	☐	☐	☐
Are you currently hearing voices, seeing things, or holding beliefs others say are not true?	☐	☐	☐
Are you having suicide thoughts, self-harm urges, or thoughts of harming someone else?	☐	☐	☐
Can you safely manage medications, money, driving, work, and caregiving today?	☐	☐	☐