

## Assessing Mood Disorders

Have you ever had a period of a week or more when thoughts raced through your head so fast that you couldn't keep track of them?                    0 no 1 yes

Has there ever been a period of a week or more when you hardly slept at all but still didn't feel tired or sleepy?                    0 no 1 yes

Has there ever been a period of a week or more when you were so much more active than usual that you or your family were concerned about it?                    0 no 1 yes

Has there ever been a period of a week or more when you went on a spending spree -- spending so much money that it caused you or your family some financial trouble?                    0 no 1 yes

THE NEXT QUESTIONS ASK ABOUT HOW YOU HAVE BEEN FEELING *DURING THE LAST 4 WEEKS*, HOW OFTEN HAVE YOU:

	all the time	regularly	sometimes	rarely	never
felt nervous?	4	3	2	1	0
felt calm and peaceful?	4	3	2	1	0
felt downhearted and blue?	4	3	2	1	0
felt happy?	4	3	2	1	0
felt so down in the dumps that nothing could cheer you up?	4	3	2	1	0
felt tense?	4	3	2	1	0
had difficulty concentrating	4	3	2	1	0
gotten angry quickly	4	3	2	1	0
had difficulty falling asleep/sleeping all night	4	3	2	1	0

