

NAME: _____ DATE: _____

FINE-TUNING YOUR MOOD ASSESSMENT

Are you “moody”? Do your negative moods come and go somewhat unpredictably, and not always in reaction to a particular interaction or event? If your mood changes occur only when you skip meals or eat poorly, or in winter, or before your menstrual period, discuss these issues with your practitioner.

Please circle, check off, or fill in the blanks as indicated below.

1. Do your moods vary quite a bit? Yes or No
2. Do your moods change during a single day? Yes or No
3. If yes, do they change 1-3 times ___ more often ___
4. Do they change during a week? Yes or No 2-4 times ___ more often ___
5. Do they change during a month? Yes or No 1-4 times ___ more often ___
6. Do they change during a year? Yes or No 1-4 times ___ more often ___

7. How many episodes of depression have you had in your lifetime?
1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10 ___ More than 10 ___

8. Do you have episodes of anxiety and or agitation? Yes or No

9. Do you have episodes of anger/irritability? Yes or No

10. How old were you when you began to have mood swings, or episodes of depression or other intermittent mood or sleep problems? _____

11. Is your mental energy very high most of the time? Yes or No
Do you have periods of high energy? Yes or No
Do others say you talk too fast? Yes or No

12. Do you sometimes have periods when you feel: “high”? ___ sleepless? ___
very creative? ___ angry? ___ your mind races? ___ over-energized? ___
manic? ___ oversexed? ___ irritable? ___ unable to control your mood? ___

13. Do others describe you as having any of the above symptoms? Yes or No

14. Do other people complain about your changing moods? Yes or No

15. Have you had ADD ___ OCD ___ PPD (postpartum mood problems) ___

16. Have any of your family members had any of the above symptoms? Yes or No

17. Have any of the above symptoms started, changed, or intensified after you started taking an antidepressant drug? Yes or No

18. Have you been or has anyone in your family been suicidal?

You? ___ A family member? ___

Suicide attempts? You? Yes or No Family? Yes or No

19. Psychiatric Hospitalization? You? ___ Family? ___

20. Have you been on any of the following mood “stabilizing” medications:

Abilify, Lamictal, Depakote, Lithium, Geodon, Seroquel? Others? _____

21. Have any family members been on the above or other medications for the same purpose? Yes or No

22. Have you ever wondered if you have some form of bipolar spectrum disorder (BPSD, see below)? Yes or No

23. Have you or any blood relative ever been diagnosed with a bipolar spectrum disorder? Self? ___ Family? ___

24. Has a practitioner ever suggested you might have a bipolar spectrum disorder? Yes or No

Cyclothymia? Yes or No

Hypomania? Yes or No

Unipolar Depression, i.e., Major Depression Episodes? Yes or No

What is bipolar spectrum disorder (BPSD)?

It is a very helpful new understanding of people with moods that vary, as opposed to people whose negative moods are constant. It encompasses a broad range of shifting mood symptoms that can range from mild and subtle, or infrequent, to extreme and overpowering, or frequent. Manic-depression and Major Depression ((Unipolar Depression) are its most extreme manifestations. But there are many lesser permutations of it. If you’ve checked off some of the questions in this questionnaire, your mood chemistry picture is complex and might make you less responsive to the amino acids that are usually so successful for those with consistent depression, anxiety, irritability, or other negative moods. Fortunately, there are mood-balancing strategies that you may benefit from, in addition to the amino acids or other nutrients. We have found that the additional use of one of the class of medications called mood stabilizers (at an effective dose, starting as low as possible) is often required for complete stabilization. We encourage those who have some of the above symptoms to research the expanding information on this common, but misunderstood and typically genetic, brain chemistry imbalance. Although BPSD is not a simple neurotransmitter deficiency syndrome, such deficiency (e.g., in serotonin or GABA) may co-exist with it, but corrective amino acids must be administered with care (see precautions box.)

Note: A term for mild BPSD is Cyclothymia.

This Questionnaire was developed by the staff of the Nutritional Therapy Institute and is regularly reviewed and updated.