

Depression Questionnaire

YES	NO	
1. Has your predominant mood been:		
		a. Mainly anxious
		b. Mainly angry
		c. Mainly apathetic
		d. Loss of interest
		e. Mainly depressed
		f. Anxious and depressed
		g. Mixed-euphoric
		h. Mainly euphoric/expansive
		i. Mainly angry/paranoid
		j. Mainly irritable
		k. Mixed with depression
2. Did you have any of the following symptoms during the past week?		
		a. Depressed mood most of the day nearly every day; crying for no reason
		b. Markedly diminished interest/pleasure in most activities
		c. Significant weight loss/gain (more than 5% in a month)
		d. Decrease in appetite nearly every day
		e. Feeling slowed down/fatigued/depleted of energy every day
		f. Feeling worthless, helpless, hopeless, or excessive guilt every day
		g. Recurrent thoughts of death, thoughts that life is not worth living, or thoughts of suicide
		h. Difficulty in concentration/inability to think or stay focused, indecisiveness nearly every day
3. Have you had any of the following anxious/nervous symptoms in the past 6 months?		

(continued)

		a. Worry and apprehension about a number of events nearly every day and find these feelings difficult to control
		b. Restlessness or feeling keyed up or on edge
		c. Easily fatigued or irritable
		d. Muscle tension/tightness in the back, neck, or shoulders
		e. Sleep disturbance (difficulty in falling or staying asleep or restless, unsatisfying sleep)
		f. Moderate to severe difficulty in social and occupational functions
		4. In the past week have you been feeling elated, hypomanic, or manic?
		5. Have you been very irritable, angry, easily annoyed?
6. In the past week have you had any of the following symptoms:		
		a. Were you more active than usual socially, at home or at work? More sexually active? More physically restless (unable to sit still)?
		b. Were you more talkative than usual or did you feel pressured to keep on talking?
		c. Did you feel you were a very important person, had special powers, plans, talents, or abilities?
		d. Did you do anything foolish that could have gotten you into trouble like buying things, business investments, sexual indiscretions, reckless driving?
		e. Did you have trouble concentrating on what was going on because your attention kept jumping to unimportant things around you?
		f. Did you need less sleep than usual for 3 days or more? If YES, specify:
		No sleep at all
		Less than 3 hours
		Between 3–6 hours
		g. Did your thoughts race or did you talk so fast that it was difficult for people to follow what you were saying?

Mood Disorder Questionnaire

YES	NO	
		1. Has there ever been a period of time when you were not your usual self and:
		a. You 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?
		b. You were so irritable that you shouted at people or started fights or arguments?
		c. You felt much more self-confident than usual?
		d. You got much less sleep than usual and found you didn't really miss it?
		e. You were much more talkative or spoke faster than usual?
		f. Thoughts raced through your head or you couldn't slow your mind down?
		g. You were so easily distracted by things around you that you had trouble concentrating or staying on track?
		h. You had much more energy than usual?
		i. You were much more active or did many more things than usual?
		j. You were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?
		k. You were much more interested in sex than usual?
		l. You did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?
		m. Spending money got you or your family into trouble?
		2. If you checked YES to more than one of the above, have several of these ever happened during the same period of time?
		3. How much of a problem did any of these cause you—like being unable to work; having family, money, or legal troubles; getting into arguments or fights? (Please select one of the following.)
		No problem
		Minor problem
		Moderate problem
		Serious problem

Commonly Used Typical and Atypical Antipsychotics

Typical Antipsychotics (Older Medications)

GENERIC NAME	TRADE NAME
Chlorpromazine and other phenothiazines	Thorazine
Fluphenazine	Permitil, Prolixin
Haloperidol	Haldol
Perphenazine	Trilafon
Risperidone	Respirdal
Thioridazine	Mellaril
Trifluoperazine	Stelazine

Atypical Antipsychotics (Newer Medications)

GENERIC NAME	TRADE NAME
Aripiprazole	Abilify
Olanzapine	Zyprexa
Quetiapine fumarate	Seroquel
Ziprasidone	Geodon

Benzodiazepines Commonly Used for Anxiety (All Potentially Addictive)

GENERIC NAME	TRADE NAME
Alprazolam	Xanax
Buspirone	BuSpar
Chlordiazepoxide- methscopolamn	Librax, Libritabs, Librium
Clonazepam	Klonopin
Diazepam	Valium
Halazepam	Paxipam
Lorazepam	Ativan
Oxazepam	Serax
Prazepam	Centrax
Propranolol	Inderal (for social anxiety)
Venlafaxine	Effexor (antidepressant also approved for anxiety)

Commonly Used Sleep Medications

Non-Habit Forming

GENERIC NAME	TRADE NAME
Mirtazapine	Remeron (atypical antidepressant)
Quetiapine fumarate	Seroquel (atypical antipsychotic)
Trazadone	Dyserel (antidepressant)

Purported to Be Non-Habit Forming

GENERIC NAME	TRADE NAME
Eszopiclone	Lunesta
Zaleplon	Sonata

Habit-Forming

GENERIC NAME	TRADE NAME
Chloral hydrate	Noctec
Flurazepam HCl	Dalmane
Temazepam	Restoril
Triazolam	Halcion
Zolpidem	Ambien (mildly habit forming)

Commonly and Uncommonly Used Antidepressants

Monoamine Oxidase Inhibitors (MAOIs)*

GENERIC NAME	TRADE NAME
Isocarboxazid	Marplan
Phenelzine	Nardil
Tranlycypromine	Parnate

Tricyclic and Quadracyclic Antidepressants**

GENERIC NAME	TRADE NAME
Amitriptyline	Elavil
Amoxapine	Asendin
Clomipramine	Anafranil
Desipramine	Norpramin
Doxepin	Adapin, Sinequan
Imipramine	Tofranil
Maprotiline	Ludiomil
Nortriptyline	Aventyl, Pamelor
Protriptyline	Vivactil
Trimipramine	Surmontil

Selective Serotonin Reuptake Inhibitors (SSRIs)^{***}

GENERIC NAME	TRADE NAME
Citalopram hydrobromide	Celexa
Escitalopram oxalate	Lexapro
Fluoxetine	Prozac
Fluvoxamine	Luvox
Paroxetine	Paxil
Sertraline	Zoloft

Miscellaneous Antidepressants

GENERIC NAME	TRADE NAME
Bupropion	Wellbutrin, Zyban
Duloxetine [†]	Cymbalta [†]
Mirtazapine	Remeron
Trazodone	Desyrel
Venlafaxine [†]	Effexor [†]
Fluoxetine and olanzapine	Symbyax (combination)

^{*}Rarely used today.

^{**}Still used but less commonly used than the SSRIs.

^{***}Starting in low doses with very careful monitoring, these antidepressants are often used in Bipolar II if a primary mood stabilizer is in place.

[†]Serotonin-norepinephrine reuptake inhibitor (SNRI)

Stimulants Often Used to Step Up or Boost the Antidepressant Drug Action

GENERIC NAME	TRADE NAME
Methylphenidate	Ritalin
Modafinil	Provigil

Dr. Fieve's Self-Rating Mood Scale

	M	T	W	TH	F	SAT	SUN
+4							
+3							
+2							
+1							
0							
-1							
-2							
-3							
-4							

- 4 (Delusional Psychotic Depression) You have delusions and hallucinations in addition to the symptoms of major depression. You are experiencing total withdrawal or extreme agitation. (This is a medical emergency.)
- 3 (Major Depression) You have a depressed mood with loss of interest or pleasure in ordinary activities. You have loss of energy, disturbed patterns of eating and sleeping, and feelings of hopelessness. You have difficulty concentrating or making decisions and no interest in sex. You may have suicidal feelings.

- 2 (Dysthymic) You are mildly depressed with low self-confidence, low energy, and loss of interest and pleasure in activities you normally enjoy. Your daily mood is pessimistic. (If the low mood persists most days for 2 years, see your doctor or mental health professional for an evaluation. There are medications that can safely and quickly treat dysthymia.)

 - 1 (Hypothymic) You are reasonably well adjusted and function adequately, but are low-key and slightly withdrawn. You may be a follower rather than a leader. You smile infrequently, work efficiently, and are conscientious. You often have obsessive-compulsive or perfectionist personality traits.
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- 0 (Normal) You have no symptoms of depression or hypomanic elation. You function well in social, professional, and interpersonal areas. You have appropriate reactions to daily disappointments and successes.
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- +1 (Hyperthymic) You are highly energetic, motivated, and productive and extremely successful. You are sociable but sometimes irritable. You are often a leader in all walks of life and usually well liked. You may need only 5 to 6 hours of sleep a night and do not seek therapy.

 - +2 (Hypomanic) Your predominant mood is highly energetic, expansive, and elevated. You are full of innovative ideas and projects. You often get angry when crossed, and at times you are irritating to others. You have a strong sex drive and compulsively spend money, travel, and talk. You require only 3 to 5 hours of sleep and often make poor judgments and engage in risky behaviors that may lead to legal consequences. Hypomania may be highly beneficial, as in you may exhibit Bipolar IIB, or it can be detrimental.

 - +3 (Manic) You are highly elated and overactive, and you cannot stop talking. You need little or even no sleep and are highly distractible, irritable, and angry. You have racing thoughts and rage attacks when crossed. You exhibit paranoid ideas, extremely poor judgment, and depressive features and may require hospitalization.

 - +4 (Manic Psychosis) You are incoherent, belligerent, and out of control. You may be violent or paranoid with psychotic delusions and hallucinations. You exhibit risk-taking behaviors with painful consequences. Depressive features may be present. (This is a medical emergency. Hospitalization is essential.)

RESOURCES

GENERAL RESOURCE LIST

Following is a list of organizations that can provide additional information about and/or assistance for bipolar disorder and other psychiatric health topics.

American Psychiatric Association (APA)

1000 Wilson Boulevard, Suite 1825
Arlington, VA 22209-3901
Phone: 703-907-7300
www.psych.org

American Psychological Association

750 1st Street, NE
Washington, DC 20002-4242
Phone: 202-336-5510
Toll-free: 800-374-2721
www.apa.org

Center for Mental Health Services

Substance Abuse and Mental Health
Services Administration
Room 12-105, Parklawn Building
Rockville, MD 20857
Phone: 301-443-8956
Fax: 301-443-9050
www.samhsa.gov

Child and Adolescent Bipolar Foundation

1187 Wilmette Avenue
PMB 331
Wilmette, IL 60091
Phone: 847-256-8525
Fax: 847-920-9498
www.bpkids.org

Depression and Bipolar Support Alliance (DBSA)

730 North Franklin Street, Suite 501
Chicago, IL 60610-7224
Phone: 312-642-0049
Fax: 312-642-7243
www.DBSAlliance.org

Depression and Related Affective Disorders Association (DRADA)

2330 West Joppa Road, Suite 100
Lutherville, MD 21093
Phone: 410-583-2919
E-mail: drada@jhmi.edu
www.drada.org

Foundation for Mood Disorders

952 Fifth Avenue, Suite 6A
New York, NY 10021
Phone: 212-772-3400
Fax: 212-288-0809

**National Alliance for Research on
Schizophrenia and Depression
(NARSAD)**

60 Cutter Mill Road, Suite 404
Great Neck, NY 11021
Phone: 516-829-0091
Toll-free: 800-829-8289
E-mail: info@narsad.org
www.narsad.org

National Institute of Mental Health

6001 Executive Boulevard, Room 8184,
MSC 9663
Bethesda, MD 20892-9663
Phone: 301-443-4513
Fax: 301-443-4279
Toll-free: 866-615-NIMH (6464)
TTY: 301-443-8431
E-mail: nimhinfo@nih.gov
www.nimh.nih.gov

CLINICAL TRIALS

Below is a list of Web sites where you can find out about clinical trials (both listings and information).

www.clinicaltrials.com

www.fieve.com

www.clinicaltrialssearch.org

www.fieveclinical.com

RELATED WEB SITES

General Mental Wellness**American Academy of Addiction
Psychiatry**

www.aaap.org

The American College of Psychiatrists

www.acpsych.org

**American Foundation for Suicide
Prevention**

www.afsp.org

American Medical Association

www.ama-assn.org

American Psychoanalytic Association

www.apsa.org

**Anxiety Disorders Association of
America (ADAA)**

www.adaa.org

**Center for Mental Health
Services**

www.mentalhealth.org

**The Cross Cultural Health Care
Program**

www.xculture.org

Healthfinder

www.healthfinder.gov

Healthfinder Español

www.healthfinder.gov/espanol/

Madison Institute of Medicine
(information on lithium, bipolar disorders treatment, and obsessive compulsive disorders)
www.miminc.org

Mental Health Liaison Group
www.mhlg.org

Misunderstood Minds
www.pbs.org/wgbh/misunderstoodminds/index.html

Mood and Anxiety Disorders Program (National Institute of Mental Health)
<http://intramural.nimh.nih.gov/mood>

National Alliance for the Mentally Ill
www.nami.org

National Association of Psychiatric Health Systems
www.naphs.org

National Institutes of Health
www.nih.gov

National Library of Medicine
www.nlm.nih.gov

National Mental Health Association
www.nmha.org

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org

Obsessive Compulsive Foundation
www.ocfoundation.org

Tools for Coping with a Variety of Life's Stressors
www.coping.org

Children and Mental Health

About Our Kids
www.aboutourkids.org

American Academy of Pediatrics
www.aap.org

Attention Deficit Disorder Resources
www.addresources.org

Caring for Every Child's Mental Health Campaign
www.mentalhealth.org/child

Center for Treatment Research on Adolescent Drug Abuse
www.med.miami.edu/ctrada

The Child Advocate
www.childadvocate.net

Child and Adolescent Bipolar Foundation
www.cabf.org

Children and Adults with Attention Deficit Disorder
www.chadd.org

The Children's Health Council
www.chconline.org

Connect for Kids
www.connectforkids.org

Families for Depression Awareness
www.familyaware.org/

Federation of Families for Children's Mental Health
www.ffcmh.org

International Association for Child and Adolescent Psychiatry and Allied Professions
www.iacapap.org

ParentsMedGuide
www.parentsmedguide.org/

SOS High School Suicide Prevention Program
www.mentalhealthscreening.org/sos_highschool

Teen Adolescent Mental Health and Suicide Screening Initiative
www.teenscreen.org