

Mood Pattern Screening (MDQ-Aligned, AI Version)

Purpose: Screen for bipolar-spectrum mood patterns

Time frame: *At any time in your life*

Use case: Before referral, antidepressant safety check

Nature: FLAG ONLY – NOT DIAGNOSIS

Instruction to user:

The following questions ask about periods when your **mood, energy, or behavior** were noticeably different from your usual self.

Please answer honestly. This is only a screening tool.

Response Options (Used Across Section 1)

- **Yes** – This has happened to me.
- **No** – This has not happened to me.

(Scoring: Yes = 1, No = 0)

SECTION 1: Elevated or Unusual Mood & Energy

Q1. Elevated mood

- **Yes** – I have had periods where I felt unusually happy, excited, or overly confident.
 - **No** – I have not had such periods.
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Q2. Irritable mood

- **Yes** – I have had periods where I felt unusually irritable or easily annoyed.
 - **No** – I have not had such periods.
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Q3. Increased self-confidence

- **Yes** – I felt much more confident or powerful than usual.
 - **No** – I did not feel this way.
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Q4. Decreased need for sleep

- **Yes** – I needed much less sleep than usual and still felt energetic.
 - **No** – My sleep need stayed normal.
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Q5. Increased talkativeness

- **Yes** – I talked much more or faster than usual.
 - **No** – My talking stayed normal.
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Q6. Racing thoughts

- **Yes** – My thoughts raced or jumped quickly from one idea to another.
 - **No** – My thoughts stayed normal.
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Q7. Distractibility

- **Yes** – I was easily distracted by unimportant things.
 - **No** – I was not unusually distracted.
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Q8. Increased activity or energy

- **Yes** – I had much more energy or was much more active than usual.
 - **No** – My activity level stayed normal.
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Q9. Increased social or goal-directed activity

- **Yes** – I became unusually social, productive, or driven toward goals.
 - **No** – I did not experience this.
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Q10. Risk-taking behavior

- **Yes** – I did things that were risky or out of character (spending, driving, sex, business decisions).
 - **No** – I did not do risky or out-of-character things.
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Q11. Increased interest in pleasure-seeking

- **Yes** – I felt a strong increase in desire for pleasurable activities.
 - **No** – My interests stayed normal.
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Q12. Feeling unusually creative or full of ideas

- **Yes** – I felt unusually creative or flooded with ideas.
 - **No** – I did not feel this way.
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Q13. Feeling “not myself”

- **Yes** – Others noticed I was not my usual self during these periods.
 - **No** – Others did not notice changes.
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Section 1 Score

Section 1 Total = Number of “Yes” responses (0–13)

SECTION 2: Symptom Clustering (VERY IMPORTANT)

Q14. Did several of these experiences happen during the same period of time?

Options:

- **Yes** – Many of these happened together.
- **No** – They happened at different times or not together.

(Yes = 1, No = 0)

SECTION 3: Functional Impact

Q15. Impact on daily life

During these periods, how much did these experiences affect your life?

Options:

- **0** – They caused no problems.
 - **1** – They caused minor problems.
 - **2** – They caused moderate problems.
 - **3** – They caused serious problems (work, relationships, finances, health).
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Screening Logic (AI-Ready)

MDQ Positive Screen Criteria (Standard Logic)

A **positive flag** occurs if:

1. **Section 1 ≥ 7 “Yes” responses**
AND
2. **Q14 = Yes (symptoms clustered)**
AND
3. **Q15 ≥ 2 (moderate or serious impact)**

If ALL 3 are met → **Bipolar-spectrum traits flagged**

Interpretation (FLAG ONLY)

| Result | Meaning |
|-----------------------------------|---|
| Criteria not met | Bipolar traits unlikely |
| Criteria met | Bipolar-spectrum traits possible |
| Criteria met + depression present | High referral priority |

This does NOT diagnose bipolar disorder.

Mandatory AI Language Rules

- ✗ “You have bipolar disorder.”
 - ✗ “You are bipolar.”
 - ✓ “Your responses show patterns sometimes seen in bipolar-spectrum mood changes.”
 - ✓ “This screening result suggests a professional evaluation may be helpful.”
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How AI Uses MDQ (Safely)

- Prevent **misuse of antidepressants**
 - Detect **mood cycling risk**
 - Route to **psychiatric evaluation**
 - Differentiate **depression vs bipolar traits**
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Panel-Ready One-Liner

“We use an MDQ-aligned screener to flag bipolar-spectrum mood patterns and guide safe referral, without making diagnostic claims.”