

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## Rapid Mood Screener II

*Consider your whole life as you answer these questions*

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Have there been at least 6 different periods of time (at least 2 weeks) when you felt deeply depressed? **YES** **NO**

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Did you have problems with depression before the age of 18? **YES** **NO**

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Have you ever had to stop or change your antidepressant because it made you highly irritable or hyper? **YES** **NO**

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Have you ever had a period of time during which you were more talkative than normal with thoughts racing in your head? *If yes, what was the longest it lasted for?*

**NO** • **YES, 1-3 DAYS** • **YES, 4 OR MORE DAYS** • **YES, 7 OR MORE DAYS**

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Have you ever had a period of time during which you felt any of the following: unusually happy; unusually outgoing; or unusually energetic? *If yes, what was the longest it lasted for?*

**NO** • **YES, 1-3 DAYS** • **YES, 4 OR MORE DAYS** • **YES, 7 OR MORE DAYS**

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Have you ever had a period of time during which you needed much less sleep than usual? *If yes, what was the longest it lasted for?*

**NO** • **YES, 1-3 DAYS** • **YES, 4 OR MORE DAYS** • **YES, 7 OR MORE DAYS**

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Scoring: Positive if 4 or more YES's