

## **Mood Disorders:**

### **Unipolar Disorder (depression):**

1. Would you describe yourself as a happy person?
2. Do you feel you are more than just sad and down?
3. Do you feel you have lost interest in activities or hobbies that once interested you?
4. Do you neglect self-care and hygiene?
5. Have you experienced difficulty concentrating, remembering details and making decisions?
6. Do you notice any increase or decrease in your weight lately?
7. Do you feel that the future is uncertain?
8. Have you been crying more than usual?
9. Can you tell me about any incident that could have sparked it?
10. Can you tell about the background or history?
11. Have you taken off from college? If so why?
12. What do you think is the issue or the source of your problem?
13. What effect is your depression having on your friends/family/partner?
14. Are you more withdrawn?

### **Appetite:**

15. Do you notice any changes in our appetite?
16. Is there an increase or decrease in your appetite?
17. Do you find yourself bingeing at times?
18. Do you over eat at times of stress or feeling low?
19. Do you have certain 'comfort foods' that you indulge in often?
20. Do you feel that you lack an appetite even when you haven't been eating much lately?
21. Have you felt that your appetite is decreasing day by day?
22. Do you avoid eating even food that you enjoyed eating earlier?

### **Sleep:**

23. Do you experience any difficulties concerning your sleep?
24. Have experienced difficulty in going to sleep?

25. Do you find yourself wide awake even during the late hours of night?
26. What are the thoughts that you engage in during these times?
27. How does it affect you?
28. Do you often wake up in the middle of the night and find it difficult to go back to sleep?
29. What do you think is the reason?
30. Have you found yourself waking up earlier than usual in the mornings, with any reason for you to do so?
31. Do you feel tired and exhausted due to loss of sleep?
32. Do you feel that your sleep suffers considerably?
33. Do you feel lethargic in the morning even after a good sleep?

**Anger or irritability:**

34. Do you feel that your tolerance level has reduced considerably than the usual?
35. Do you have frequent tiffs with your friends and family?
36. Do you feel that you have become short-tempered lately?
37. Do you feel that you get angry these days more often than what it used to be?
38. Do you feel that you get angry even for things that you normally wouldn't?
39. Do you feel that lately everything and everyone gets on your nerves?
40. How does it affect the other relationships in your life?
41. What triggers the event?
42. How often does it happen?
43. How would you feel about it?

**Loss of energy:**

44. Do you feel fatigued and tired often?
45. Do you procrastinate things often?
46. Do you feel that you do not accomplish much these days?
47. Does your work/study suffer much?
48. Do you feel that you require a lot of energy even to do your day-to-day activities?
49. Do you feel that even small tasks are exhausting and take a longer time to complete?

**Self-loathing:**

50. What are your feelings for yourself?
51. Do you hold a low opinion of yourself?
52. Do you feel that you are not able to do any job, even those that require very less effort, properly?
53. Are you self critical?
54. Are you harder on yourself even when you are praised by others?
55. How would you react when things go wrong?
56. Do you often blame yourself when things go wrong, even when it is not your fault?
57. What are your feelings towards yourself?
58. Why do you feel that way about yourself?
59. How does it help you?

**Self-Destructive behavior/ suicidal ideation:**

60. Do you drive recklessly?
61. What speed do you usually drive at?
62. Do you drive when you are drunk or under drugs?
63. What kind of sports do you indulge in (dangerous sports)?
64. Have you had an impulse to use (are you using) drugs/ alcohol?
  - When did you do it?
  - How often have you done it?
  - Does it help you in any way?
65. Do you procrastinate your self-care (medical help) even when it might harm you in the long run?
66. Do you at times wish you did not exist or stop existing?
67. At times do you feel like putting an end to all the sadness and pain?
68. Have you ever tried harming yourself?
  - When was it?
  - What did you do?
  - What happened?
  - How do you feel about it?
  - Did you get help to overcome it?
  - Who helped you?
69. Have you ever thought of harming yourself?

- How would you do it?
- When?
- Where?
- How will it make help?

### **Physical symptoms:**

70. Do you experience complaints like:

- headaches
- back pain
- stomach pain
- dizziness
- aches and cramps in any part of your body

71. Do you experience physical complains more than usual these days?

72. Do you take medicine for it often?

### **Attitude about life:**

73. Do you feel that life is worthwhile?

74. Do you feel unenthusiastic about the future?

75. Do you feel that you cannot get over your sadness or pain?

76. Do you feel that you do not have anyone to help you or support you?

77. Do you experience bouts of sadness and crying without any apparent reason?

78. How often or at what intervals do they occur?

79. When do you usually experience these bouts of sadness? (seasonal affective disorder)

80. How do you tackle it?

### **Bipolar Disorder:**

#### **Mania:**

81. Do you get excited even for small things?

82. Do you feel really low at times?

**Distraction:**

83. Do you feel that you are unable to focus on any task long enough to complete it?
84. Do you feel that you have a short attention span these days?
85. Is it affecting your academics/work?
86. Does your attention keep shifting frequently?
87. How has it affected you?
88. Do you feel that you are distracted even by small events that did not hold any significance to you earlier?

**Sleep:**

89. How many hours of sleep do you get every day?
90. Do you feel the no. of sleep hours you require have reduced lately?
91. Do you feel so excited that you stay away most of the night?
92. Do you work on new ideas during the night instead of sleeping?
93. Do you feel energized and keyed up even after sleeping for very few hours every day?

**Grandiosity:**

94. Do you have big ideas or projects that no one else could even think about?
95. Do you have great plans laid out for future that would make a big difference to the world?
96. What are they?
97. How can you start working on them?
98. How productive are they?
99. What would you have to do to achieve it?
100. Can you achieve it?

**Flight of Ideas:**

101. Do you often jump from one thought to the other without completing the first?
102. Do you feel that others are really slow in catching up to your thought process all the time?
103. Do your friends find it harder to converse with you?

104. Are you thinking faster and about more number of things than you usually would?

**Activities:**

105. Are you socializing more these days than you usually are?

106. Do you find that you call your friends more often than the usual?

107. Do you go out more often than usual? Why?

108. Do you complete more tasks like projects, domestic chores and academic work than you usually do?

109. Do you feel that you achieve more number of activities than you usually would?

110. Is there an increase in the number of friends you have?

111. Has your productivity increased in work/study?

**Speech:**

112. Do you find yourself talking more than usual?

113. Do you find yourself expressing more of your thoughts than the usual?

114. Do you stammer at times?

115. Do your friends find it difficult to follow you during a conversation?

**Thoughts:**

116. Do you indulge in spending sprees like shopping, over food and other things that you wouldn't normally spend on?

117. Do you often travel without planning or on an impulse?

118. Do you experience that, while at times you are feeling sad and low, there are other times when you feel highly excited and energized that it is difficult for you to even go to sleep?

119. Do you experience episodes of sadness where you do not want to do much?

120. Do you experience periods of excitement and activity after that?