

Using Mood Disorder Screeners

- Patient presents with possible bipolar disorder symptoms
- Patient completes the Mood Disorder Questionnaire (5 minutes)

https://www.ohsu.edu/sites/default/files/2019-06/cms-quality-bipolar_disorder_mdq_screener.pdf

In the Mood Disorder Questionnaire, further evaluation for bipolar disorder is indicated if the following conditions are met:

1. Yes to 7 items in question 1, and
2. Yes to question 2, and
3. Number 3 is Moderate or Serious

Further evaluation for bipolar disorder includes conducting the **CIDI 3.0 interview** (12 questions, 5 minutes). Note: “yes” is to “endorse”, “no” is to “not endorse”

CIDI 3.0 Interview Questions

Stem questions

1. Some people have periods lasting several days or longer when they feel much more excited and full of energy than usual. Their minds go too fast. They talk a lot. They are very restless or unable to sit still and they sometimes do things that are unusual for them, such as driving too fast or spending too much money. Have you ever had a period like this lasting several days or longer?
2. Have you ever had a period lasting several days or longer when most of the time you were so irritable or grouchy that you either started arguments, shouted at people, or hit people?

Questions 1 and 2 are not endorsed:

- Probably not bipolar disorder.
- Explore psychosocial or medical reasons for restlessness and excess energy.

If either question 1 or 2 are endorsed, ask question 3.

Criterion B screening question

3. People who have episodes like this often have changes in their thinking and behavior at the same time, like being more talkative, needing very little sleep, being very restless, going on buying sprees, and behaving in ways they would normally think are inappropriate. Did you ever have any of these changes during your episodes of being (excited and full of energy/very irritable or grouchy)?

If question 3 is not endorsed:

- Probably not bipolar disorder.
- Explore psychosocial or medical reasons for restlessness and excess energy.

Questions 1 or 2 and question 3 are endorsed:

- Ask remaining 9 questions.

Criterion B symptom questions

Think of an episode when you had the largest number of changes like these at the same time. During that episode, which of the following changes did you experience?

- 1.** Were you so irritable that you either started arguments, shouted at people, or hit people?
- 2.** Did you become so restless or fidgety that you paced up and down or couldn't stand still?
- 3.** Did you do anything else that wasn't usual for you – like talking about things you would normally keep private, or acting in ways that you'd usually find embarrassing?
- 4.** Did you try to do things that were impossible to do, like taking on large amounts of work?
- 5.** Did you constantly keep changing your plans or activities?
- 6.** Did you find it hard to keep your mind on what you were doing?

7. Did your thoughts seem to jump from one thing to another or race through your head so fast you couldn't keep track of them?
8. Did you sleep far less than usual and still not get tired or sleepy?
9. Did you spend so much more money than usual that it caused you to have financial trouble?

If 5 or fewer endorsed

- Probably not bipolar disorder
- Explore psychosocial or medical reasons for specific behaviors in items endorsed

6 questions endorsed

- Moderate risk of bipolar disorder

7-8 questions endorsed

- High risk of bipolar disorder

9 questions endorsed

- Very high risk of bipolar disorder

Permission to add notes to the CIDI 3.0 questions provided by the author.

Kessler RC, Akiskal HS, Angst J, Guyer M, Hirschfeld RM, et al. Validity of the assessment of bipolar spectrum disorders in the WHO CIDI 3.0. *J Affect Dis.* 2006; 96(3), 259–269. doi 10.1016/j.jad.2006.08.018.

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