

# mood change questionnaire

Joe Smith

## Report

MoodChange.info  
around the globe

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## Introduction

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A depressive disorder is an illness that involves the body, mood, and thoughts. It affects the way you eat and sleep, the way you feel about yourself, and the way you think about things. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely "pull themselves together" and get better. Without treatment, symptoms can last for weeks, months, or years. Appropriate treatment, however, can help most people who suffer from depression.

Early recognition of some common warning signs is important in order to gain access to professional mental health care. If you have been getting less enjoyment from your usual activities, are feeling disappointed with yourself, irritable, desperate, and are having trouble sleeping, you may be suffering from clinical depression. These symptoms or complaints serve as an indicator that a thorough screening for depression, or possibly referral, is needed.

The Mood Change Questionnaire (MCQ) assesses nine dimensions of mood that are recognized by the American Psychiatric Association as symptoms of depression. The MCQ also assesses a number of physical health symptoms commonly associated with mood disorders and your experience of critical life incidents that often produce mood change.

The appraisal of your mood state is based on an analysis of your thoughts and feelings in the last 2 weeks. In the next section, we report whether you seem to be experiencing:

1. the normal ups and downs of life
2. mild to moderate symptoms of depression, or
3. moderate to severe symptoms of depression

This screening is based on a comparison of your responses with those from a large sample of people who have completed the questionnaire.

The information provided by the MCQ questionnaire is not a substitute for a proper and correct diagnosis by a mental health expert, however, and should not be regarded as providing medical advice or suggested treatment that can only be decided by a mental health expert.

You should keep in mind that the report is generated by a computerized expert assessment system and substantially reflects the answers made by you during the assessment. Due consideration must be given to the subjective nature of questionnaire-based ratings. MoodChange.info can accept no liability for the consequences of the use of the report and this includes liability of every kind for its contents.

## **Five Top Warning Signs**

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You seem to be experiencing the common warning signs of depression with the following severity.

>> less enjoyment from usual activities	mild to moderate
>> disappointment with self	normal ups and downs
>> hopelessness	mild to moderate
>> irritability	normal ups and downs
>> difficulty sleeping	mild to moderate

Overall, your responses to the five top warning signs indicate that you are experiencing the normal ups and downs of life.

## **APA Symptoms of Depression**

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Your profile on the nine criteria of the American Psychiatric Association are shown on the profile sheet at the end of the report. You present the following symptoms.

Normal Ups and Downs. You seem to be experiencing normal ups and downs in 2 of the nine areas identified by the APA:

- >> Irritability
- >> Disappointment

This is shown in the green area of the profile sheet.

Mild to Moderate Symptoms. You seem to be experiencing mild to moderate symptoms of depression in 7 of the nine areas identified by the APA:

- >> Sadness
- >> Apathy
- >> Loss of Appetite
- >> Sleeplessness
- >> Fatigue
- >> Recall
- >> Despair

This is shown in the amber area of the profile sheet. We recommend a fuller screening by a mental health professional.

Our overall assessment, based on your profile across the nine criteria, is that you seem to be presenting mild to moderate symptoms of depression. This is based on your average score across the symptoms scales. This suggests that a fuller screening by a mental health professional is needed.

## Physical Symptoms

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You have reported suffering the following physical symptoms in the last 2 weeks.

>> heart pounding	Very Often
>> faint or light-headed	Very Often
>> headaches / migraines	Very Often
>> dizzy spells	Very Often
>> panic attacks	Sometimes
>> periods of breathlessness	Sometimes
>> pain in my chest	Sometimes
>> stomach upsets	Sometimes

## Stressful Experiences

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You have experienced the following critical life incidents in the last 2 years.

- >> divorce
- >> separating from your partner
- >> death of a close family member
- >> major personal injury or illness
- >> losing your job
- >> major change in the health or behavior of a family member
- >> major change at work - for example, merger, reorganization, bankruptcy
- >> major change in your finances
- >> change to different line of work
- >> major change in responsibilities at work
- >> major change in living conditions
- >> major change in working hours or conditions
- >> major change in usual type and/or amount of recreation
- >> major change in social activities - clubs, dancing, movies, visiting
- >> major change in your eating habits

## Self Help

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Depressive disorders make people feel exhausted, worthless, helpless, and hopeless and negative thoughts and feelings make some people feel like giving up. These negative views are part of the depression and usually fade as treatment begins to take effect. The National Institute of Mental Health offers the following advice:

- >> Set yourself realistic goals in light of the depression and assume a reasonable amount of responsibility.
- >> Break large tasks into small ones, set some priorities, and do what you can as you can.
- >> Try to be with other people and to confide in someone - it is usually better than being alone and secretive.
- >> Participate in activities that may make you feel better.
- >> Mild exercise, going to a movie, a ballgame, or participating in religious, social, or other activities may help.
- >> Expect your mood to improve gradually, not immediately. Feeling better takes time.
- >> It is advisable to postpone important decisions until the depression has lifted.
- >> Before deciding to make a significant transition-change jobs, get married or divorced-discuss it with others who know you well and have a more objective view of your situation.
- >> People rarely "snap out of" a depression. But they can feel a little better day-by-day.
- >> Remember, positive thinking will replace the negative thinking that is part of the depression and will disappear as your depression responds to treatment.
- >> Let your family and friends help you.

## Where To Get Help

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If unsure where to go for help, check the Yellow Pages under "mental health," "health," "social services," "suicide prevention," "crisis intervention services," "hotlines," "hospitals," or "physicians" for phone numbers and addresses. In times of crisis, the emergency room doctor at a hospital may be able to provide temporary help for an emotional problem, and will be able to tell you where and how to get further help.

Listed below are the types of people and places that will make a referral to, or provide, diagnostic and treatment services.

- >> Family doctors
- >> Mental health specialists, such as psychiatrists, psychologists, social workers, or mental health counselors
- >> Health maintenance organizations
- >> Community mental health centers
- >> Hospital psychiatry departments and outpatient clinics
- >> University- or medical school-affiliated programs
- >> State hospital outpatient clinics
- >> Family service, social agencies, or clergy
- >> Private clinics and facilities
- >> Employee assistance programs
- >> Local medical and/or psychiatric societies

# MCQ

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Normal Ups and Downs			Mild to Moderate				Moderate to Severe			Dimension
1	2	3	4	5	6	7	8	9	10	
.	.	<	...	>	.	.	.	.	.	A1 Sadness : Feels unhappy, down in the dumps, liable to burst into tears.
.	.	<	...	>	.	.	.	.	.	A2 Apathy : Finds life meaningless, hard to enjoy, feels emotionally numb.
.	.	.	<	...	>	.	.	.	.	A3 Loss of Appetite : Loses appetite, misses meals, eats little, loses weight.
.	.	.	<	...	>	.	.	.	.	A4 Sleeplessness : Difficulty sleeping, wakes up during night, feels tired in morning.
.	<	...	>	.	.	.	.	.	.	A5 Irritability : Agitated, nervous in social situations, unable to sit still.
.	.	.	<	...	>	.	.	.	.	A6 Fatigue : Feels exhausted, washed out, even simple things require effort.
.	<	...	>	.	.	.	.	.	.	A7 Disappointment : Lacks confidence, feels guilty, blames self for problems.
.	.	.	<	...	>	.	.	.	.	A8 Recall : Unable to think straight, has difficulty concentrating, is distracted.
.	.	<	...	>	.	.	.	.	.	A9 Despair : In the depths of despair, feels like giving up, has suicidal thoughts.
.	.	<	...	>	.	.	.	.	.	Mood Disorder Indicator : Depressed mood and loss of interest and enjoyment.

The information above is not a substitute for a proper and correct diagnosis and should not be regarded as providing medical advice or suggested treatment which can only be decided by a health care professional.