

# Rapid Mood Screener® (RMS)<sup>1\*</sup>

Determining whether you may have bipolar I disorder starts by sharing all your symptoms with your healthcare provider. Please complete the following questionnaire about your medical history. Then, provide it to your doctor or nurse to assist in an important conversation about your mood.

Please select one response for each question.

	YES	NO
1. Have there been at least 6 different periods of time (at least 2 weeks) when you felt deeply depressed?		
2. Did you have problems with depression before the age of 18?		
3. Have you ever had to stop or change your antidepressant because it made you highly irritable or hyper?		
4. Have you ever had a period of at least 1 week during which you were more talkative than normal with thoughts racing in your head?		
5. Have you ever had a period of at least 1 week during which you felt any of the following: unusually happy; unusually outgoing; or unusually energetic?		
6. Have you ever had a period of at least 1 week during which you needed much less sleep than usual?		

\*Disclaimer: AbbVie funded and contributed to the development of this screening tool. This screening tool is not a diagnostic tool. Other screening tools for bipolar I disorder are available.

Reference: 1. McIntyre RS, Patel MD, Prakash SM, et al. *Curr Med Res Opin.* 2021;37(1):135-144. doi:10.1080/03007995.2020.1860358