

NAME : _____

DATE: _____

Young Mania Rating Scale (YMRS)

Assessment from clinical observation and patient's subjective reported symptoms of the past 48 hours.

Valid for measuring severity and response to treatment of manic and hypomanic symptoms (in both Bipolar I Disorder AND Bipolar II Disorder)

Score ≤ 12 indicates remission of symptoms

Enter the appropriate score which best characterizes the subject for each item.

Item	Explanation
1. Elevated mood	0 absent 1 mildly or possibly increased on questioning 2 definite subjective elevation: optimistic, self-confident; cheerful; appropriate to content 3 elevated, inappropriate to content; humorous 4 euphoric, inappropriate laughter singing
2. Increased motor activity-energy	0 absent 1 subjectively increased 2 animated; gestures increased 3 excessive energy; hyperactive at times; restless (can be calmed) 4 motor excitement; continues hyperactivity (cannot be calmed)
3. Sexual interest	0 normal; not increased 1 mildly or possibly increased 2 definite subjective increase on questioning 3 spontaneous sexual content; elaborates on sexual matters; hypersexual by self-report 4 overt sexual acts (toward subjects, staff, or interviewer)
4. Sleep	0 reports no decrease in sleep 1 sleeping less than normal amount by up to one hour 2 sleeping less than normal by more than one hour 3 reports decreased need for sleep 4 denies need for sleep
5. Irritability	0 absent 2 subjectively increased 4 irritable at times during interview; recent episodes of anger or annoyance on ward 6 frequently irritable during interview; short, curt throughout 8 hostile, uncooperative; interview impossible
6. Speech (rate and amount)	0 no increase 2 feels talkative 4 increased rate or amount at times, verbose at times 6 push; consistently increased rate and amount; difficult to interpret 8 pressured; uninterruptible; continuous speech
7. Language-thought disorder	0 absent 1 circumstantial; mild distractibility; quick thoughts 2 distractible; loses goal of thought; changes topics frequently; racing thoughts 3 flight of ideas; tangentiality; difficult to follow; rhyming; echolalia 4 incoherent; communication impossible
8. Content	0 normal 2 questionable plans, new interests 4 special project(s); hyperreligious 6 grandiose or paranoid ideas; ideas of reference 8 delusions; hallucinations
9. Disruptive-aggressive behaviour	0 absent, cooperative 2 sarcastic; loud at times, guarded 4 demanding; threats on ward 6 threatens interviewer shouting; interview difficult 8 assaultive; destructive; interview impossible
10. Appearance	0 appropriate dress and grooming 1 minimally unkempt 2 poorly groomed; moderately disheveled; overdressed 3 disheveled; partly clothed; garish make-up 4 completely unkempt; decorated; bizarre garb
11. Insight	0 present; admits illness; agrees with need for treatment 1 possibly ill 2 admits behaviour change, but denies illness 3 admits possible change in behaviour, but denies illness 4 denies any behaviour change