

Young Mania Rating Scale (YMRS)

Young RC, Biggs JT, Ziegler VE, Meyer DA. Br J Psychiatry 1978;133:429-435.

Assessment: Based on clinical observation and patient report over the last **48 hours**. Valid for severity and treatment response in **Bipolar I & II Disorder**. **Score < 12 = remission**.

Patient Information

Name: _____

Date: _____

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 or 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; continuous 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
- 4 — Overt sexual acts

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; anger episodes
- 6 — Frequently irritable; short, curt
- 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

Scoring

Total range: 0–60 (higher = more severe mania).

Interpretation:

- < 12 → Remission
- 12–19 → Mild
- 20–25 → Moderate
- > 25 → Severe

Note: Clinical judgment always required.

End of YMRS