

THE YOUNG MANIA RATING SCALE

(to be administered by a health care professional)

PATIENT 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; singing

Enter Value

0

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)

Enter Value

0

3. SEXUAL INTEREST

0 = Normal; not increased

1 = Mildly or possible increased

2 = Definite subjective increase on questioning

3 = Spontaneous sexual content; elaborates on sexual matters; hypersexual by self report

4 = Overt sexual acts (towards patients, staff, or interviewer)

Enter Value

0

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

Enter Value

0

5. IRRITABILITY

0 = Absent

2 = Subjectively increased

4 = Irritable at times during the interview; recent episodes of anger or annoyance on ward

6 = Frequently irritable during interview; short, curt throughout

8 = Hostile, uncooperative; interview impossible

Enter Value

0

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 interrupt
- 8 = Pressured; uninterruptible, continuous speech

Enter Value 0

7. LANGUAGE-THOUGHT DISORDER

- 0 = Absent
- 1 = Circumstantial; mild distractibility; quick thoughts
- 3 = Flight of ideas; tangentiality, difficult to follow, rhyming, echolalia
- 4 = Stopped working because of present illness

Enter Value 0

8. CONTENT

- 0 = Normal
- 2 = Questionable plans, new interest
- 4 = Special project(s); hyper-religious
- 6 = Grandiose or paranoid ideas; ideas of reference
- 8 = Delusions; hallucinations

Enter Value 0

9. DISRUPTIVE-AGGRESSIVE BEHAVIOR

- 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

Enter Value 0

10. APPEARANCE

- 0 = Appropriate dress and grooming
- 1 = Minimally inkept
- 2 = Poorly groomed; moderately disheveled; overdressed
- 3 = Disheveled; partly clothed; garish make-up
- 4 = Completely unkempt; decorated; bizarre garb

Enter Value 0

11. INSIGHT

- 0 = Present; admits illness; agrees with need for treatment
- 1 = Possibly ill
- 2 = Admits behavior change but denies illness
- 3 = Admits possible changes in behavior but denies illness
- 4 = Denies any behavior change

Enter Value 0

≥12 = Mania
2 = Euthymia

TOTAL SCORE 0