

Young Mania Rating Scale (YMRS)

Date: _____ dd / mm / yyyy Patient's Name: _____

Rater's Name: _____

If several keys are present under a particular grade of severity, the presence of only one is required to qualify for that rating. One is encouraged to give whole or half points, especially if the patient doesn't follow the progression in the keys. Exception: If necessary, one can ignore the keys provided in the guides to indicate severity.

1. Elevated Mood

- ☐ 0 - Absent
- ☐ 1 - Mildly or possibly increased questioning
- ☐ 2 - Definite subjective elevation; optimistic, self-confident; cheerful, appropriate to the content
- ☐ 3 - Elevated; inappropriate to content; humorous
- ☐ 4 - Euphoric; inappropriate laughter; singing

Other (Elevated Mood):

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)

Other (Increased Motor Activity-Energy):

3. Sexual Interest

- ☐ 0 - Normal; not increased
- ☐ 1 - Mildly or possibly increased
- ☐ 2 - Definite subjective increase in questioning
- ☐ 3 - Spontaneous sexual content; elaborates on sexual matters; hypersexual by self-report
- ☐ 4 - Overt sexual acts (toward patients, staff, or interviewer)

Other (Sexual Interest):

4. Sleep

- ☐ 0 - Reports no decrease in sleep
- ☐ 1 - Sleeping less than the 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

Other (Sleep):

5. Irritability

- ☐ 0 - Absent
- ☐ 2 - Subjectively increased
- ☐ 4 - Irritable at times during interview; recent episodes of anger or annoyance onward
- ☐ 6 - Frequently irritable during the interview; short, curt throughout
- ☐ 8 - Hostile, uncooperative; interview impossible

Other (Irritability):

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

Other (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

Other (Language-Thought Disorder):

8. Content

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

Other (Content):

9. Disruptive-Aggressive Behavior

- ☐ 0 - Absent, cooperative
- ☐ 2 - Sarcastic; loud at times, guarded
- ☐ 4 - Demanding; threats onward
- ☐ 6 - Threatens interviewer; shouting; interview difficult
- ☐ 8 - Assaultive; destructive; interview impossible

Other (Disruptive-Aggressive Behavior):

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

Other (Appearance):

11. Insight

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

Other (Insight):

Total Score: _____

Additional Observations: