



Young Mania Rating Scale (YMRS)

The YMRS is typically administered by a third-party clinician, but it is provided here, in a slightly reworded form, as a self-assessment. This may not be as accurate when self-administered, as people suffering from mania are often unable to properly assess relevant outward symptoms.

There are 11 groups of statements in this questionnaire, read *each* group of statements carefully. Specify one of the choices that **best** describes the way you have been feeling **for the past week** by clicking the dot next to the appropriate statement.

Patient Name _____ DOB _____ Female _____
 Provider Name _____ Date _____ Male _____ Other _____

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|---------------------------------------|---|
| 1- Elevated Mood | |
| <input type="radio"/> | Abstent |
| <input type="radio"/> | Mildly or possibly increased |
| <input type="radio"/> | Definite subjective elevation; optimistic, self-confident; cheerful; appropriate to content |
| <input type="radio"/> | Elevated, inappropriate to content; humorous |
| <input type="radio"/> | Euphoric, inappropriate laughter, singing |
| 2- Increased Motor Activity or Energy | |
| <input type="radio"/> | Absent |
| <input type="radio"/> | Subjectively increased |
| <input type="radio"/> | Animated; gestures increased |
| <input type="radio"/> | Excessive energy; hyperactive at times; restless (can be calmed) |
| <input type="radio"/> | Motor excitement; continuous hyperactivity (cannot be calmed) |
| 3- Sexual Interest | |
| <input type="radio"/> | Normal; not increased |
| <input type="radio"/> | Mildly or possibly increased |
| <input type="radio"/> | Definite subjective increase |
| <input type="radio"/> | Spontaneous sexual content; elaborates on sexual matters; hypersexual |
| <input type="radio"/> | Overt sexual acts |

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| 4- Sleep | |
| | No decrease in sleep |
| | Sleeping less than normal amount by up to one hour |
| | Sleeping less than normal amount by more than one hour |
| | Decreased need for sleep |
| | No need for sleep at all |
| 5- Irritability | |
| | Absent |
| | Subjectively increased |
| | Irritable at times; recent episodes of anger or annoyance |
| | Frequently irritable; short, curt |
| | Hostile, uncooperative |
| 6- Speech: Rate & Amount | |
| | No increase |
| | Feel talkative |
| | Increased rate or amount at times, verbose at times |
| | Push; consistently increased rate and amount |
| | Pressured; uninterruptedly, continuous speech |
| 7- Language: Thought Disorder | |
| | Absent |
| | Circumstantial; mild distractibility; quick thoughts |
| | Distractible; loses goal of thought; change topics frequently; racing thoughts |
| | Fight of ideas; tangentially; difficult to follow; rhyming, echolalia |
| | Incoherent; communication impossible |
| 8- Content | |
| | Normal |
| | Questionable plans, new interests |

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| | Special project(s); hyper religious |
| | Grandiose or paranoid ideas; ideas of reference |
| | Delusions; hallucinations |
| 9- Disruptive or Aggressive Behavior | |
| | Absent |
| | Sarcastic; loud at times, guarded |
| | Demanding; threats |
| | Threats, shouting |
| | Assaultive; destructive |
| 10- Appearance | |
| | Appropriate dress and grooming |
| | Minimally unkempt |
| | Poorly groomed; moderately disheveled; overdressed |
| | Disheveled; party clothed; garish make-up |
| | Completely unkept; decorated; bizarre garb |
| 11- Insight | |
| | Present; admits illness; agrees with need for treatment |
| | Possibly ill |
| | Admits behavior change, but denies illness |
| | Admits possible change in behavior, but denies illness |
| | Denies any behavior change |

Sources

1. R Young, et al. *A Rating Scale for Mania: Reliability, Validity and Sensitivity*. 133: Br J Psychiatry 429-435. 1978.



NOTES: