



MIRACLE Counseling

Altman Self-Rating Mania Scale (ASRM)

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

The Altman Self-Rating Mania Scale is a short, 5-item self-assessment questionnaire that can be helpful in assessing the presence and severity of manic or hypo-manic symptoms. Because this scale is compatible with the CARS-M, [YMRS](#), and [DSM-IV](#) diagnostic criteria, [it](#) can be used effectively as a screening and diagnostic instrument despite its brevity.

There are 5 groups of statements in this questionnaire, read *each* group of statements carefully. You should choose the statement in each group that **best** describes the way you have been feeling **for the past week**.

Please note: The word “occasionally” when used here means once or twice; “often” means several times or more and “frequently” means most of the time.

1- Positive Mood	
<input type="checkbox"/>	I do not feel happier or more cheerful than usual
<input type="checkbox"/>	I occasionally feel happier or more cheerful than usual
<input type="checkbox"/>	I often feel happier or more cheerful than usual
<input type="checkbox"/>	I feel happier or more cheerful than usual most of the time
<input type="checkbox"/>	I feel happier or more cheerful than usual all of the time
2- Self Confidence	
<input type="checkbox"/>	I do not feel self-confident than usual
<input type="checkbox"/>	I occasionally feel more self-confident than usual
<input type="checkbox"/>	I often feel more self-confident than usual
<input type="checkbox"/>	I feel more self-confident than usual
<input type="checkbox"/>	I feel extremely self-confident all of the time

3- Sleep Patterns	
	I do not need less sleep than usual
	I occasionally need less sleep than usual
	I often need less sleep than usual
	I frequently need less sleep than usual
	I can go all day and night without any sleep and still not feel tired
4- Speech	
	I do not talk more than usual
	I occasionally talk more than usual
	I often talk more than usual
	I frequently talk more than usual
	I talk constantly and cannot be interrupted
5- Activity Level	
	I have not been more active (either socially, sexually, at work, home or school) as usual
	I have occasionally been more active than usual
	I have often been more active than usual
	I have frequently been more active than usual
	I am constantly active or on the go all the time

Sources

1. EG Altman, D Hedeker, JL Peterson, JM Davis. [The Altman Self-Rating Mania Scale](#). 42(10): Biol Psychiatry 948-55 (1997).
2. EG Altman, D Hedeker, JL Peterson, JM Davis. [A comparative evaluation of three self-rating scales for acute mania](#). 50(6): Biol Psychiatry 468-71 (2001).
3. STABLE National Coordinating Council Resource Toolkit Workgroup. [STABLE Resource Toolkit](#) 50-51. Last accessed: 2013-02-24.



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NOTES: