

# Young Mania Rating Scale (YMRS)

*Guide for Scoring Items* – The purpose of each item is to rate the severity of that abnormality in the patient. When several keys are given for a particular grade of severity, the presence of only one is required to qualify for that rating.

The keys provided are guides. One can ignore the keys if that is necessary to indicate severity, although this should be the exception rather than the rule.

Scoring between the points given (whole or half points) is possible and encouraged after experience with the scale is acquired. This is particularly useful when severity of a particular item in a patient does not follow the progression indicated by the keys.

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 to content; 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 Definitive 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)

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 during interview; recent episodes of anger or annoyance on ward
- 6 Frequently irritable during interview; short, curt throughout
- 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 interrupt
- 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 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

10. *Appearance*

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

11. *Insight*

- 0 Present; admits illness; agrees with 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 changes

Name: \_\_\_\_\_

Rater: \_\_\_\_\_

Date: \_\_\_\_\_

Score: \_\_\_\_\_