

Young Mania Rating Scale (YMRS)

This test is typically administered by a third party, but is provided here in a modified form, which may not be as accurate when self-administered as people suffering from mania are often unable to detect certain outward symptoms in the same manner.. Specify one of the choices listed below by clicking the dot next to the appropriate statement.

(1) Elevated Mood	<input type="radio"/> Absent
	<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 checked="" type="radio"/> Euphoric, inappropriate laughter, singing
(2) Increased Motor Activity or Energy	<input type="radio"/> Absent
	<input type="radio"/> Subjectively increased
	<input checked="" 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 checked="" 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
(4) Sleep	<input checked="" type="radio"/> No decrease in sleep
	<input type="radio"/> Sleeping less than normal amount by up to one hour
	<input type="radio"/> Sleeping less than normal by more than one hour
	<input type="radio"/> Decreased need for sleep
	<input type="radio"/> No need for sleep at all
(5) Irritability	<input type="radio"/> Absent
	<input type="radio"/> Subjectively increased
	<input type="radio"/> Irritable at times; recent episodes of anger or annoyance
	<input checked="" type="radio"/> Frequently irritable; short, curt

	<input type="radio"/> Hostile, uncooperative
(6) Speech: Rate & Amount	<input type="radio"/> No increase
	<input type="radio"/> Feel talkative
	<input checked="" type="radio"/> Increased rate or amount at times, verbose at times
	<input type="radio"/> Push; consistently increased rate and amount;
	<input type="radio"/> Pressured; uninterruptedly, continuous speech
(7) Language: Thought Disorder	<input type="radio"/> Absent
	<input checked="" type="radio"/> Circumstantial; mild distractibility; quick thoughts
	<input type="radio"/> Distractible; loses goal of thought; change topics frequently; racing thoughts
	<input type="radio"/> Flight of ideas; tangentially; difficult to follow; rhyming, echolalia
	<input type="radio"/> Incoherent; communication impossible
(8) Content	<input type="radio"/> Normal
	<input type="radio"/> Questionable plans, new interests
	<input type="radio"/> Special project(s); hyper religious
	<input checked="" type="radio"/> Grandiose or paranoid ideas; ideas of reference
	<input type="radio"/> Delusions; hallucinations
(9) Disruptive or Aggressive Behavior	<input checked="" type="radio"/> Absent
	<input type="radio"/> Sarcastic; loud at times, guarded
	<input type="radio"/> Demanding; threats
	<input type="radio"/> Threats, shouting
	<input type="radio"/> Assaultive; destructive
(10) Appearance	<input checked="" type="radio"/> Appropriate dress and grooming
	<input type="radio"/> Minimally unkempt
	<input type="radio"/> Poorly groomed; moderately dishevelled; overdressed
	<input type="radio"/> Dishevelled; partly clothed; garish make-up
	<input type="radio"/> Completely unkempt; decorated; bizarre garb
(11) Insight	<input type="radio"/> Present; admits illness; agrees with need for treatment
	<input checked="" type="radio"/> Possibly ill
	<input type="radio"/> Admits behavior change, but denies illness
	<input type="radio"/> Admits possible change in behavior, but denies illness

☐ Denies any behavior change

Score my Answers

Source: R. Young, et al. A rating scale for mania: reliability, validity and sensitivity. British Journal of Psychiatry. 1978