

Altman Self-Rating Mania Scale

Patient information

Full name:

Date of birth:

Clinician full name:

Date assessed:

Instructions

- On this questionnaire are groups of five statements; read each group of statements carefully.
- Choose the one statement in each group that best describes the way you have been feeling for the past week.
- Select the number next to the statement you picked.
- **Please note:** The word "occasionally" when used here means once or twice; "often" means several times or more; "frequently" means most of the time.

Question 1: Do you feel happier or more cheerful than usual?

- ☐ 1 - I do not feel happier or more cheerful than usual.
- ☐ 2 - I occasionally feel happier or more cheerful than usual.
- ☐ 3 - I often feel happier or more cheerful than usual.
- ☐ 4 - I feel happier or more cheerful than usual most of the time.
- ☐ 5 - I feel happier or more cheerful than usual all of the time.

Question 2: Do you feel more self-confident than usual?

- ☐ 1 - I do not feel more self-confident than usual.
- ☐ 2 - I occasionally feel more self-confident than usual.
- ☐ 3 - I often feel more self-confident than usual.
- ☐ 4 - I frequently feel more self-confident than usual.
- ☐ 5 - I feel extremely self-confident all of the time.

Question 3: Do you need less sleep than usual?

- ☐ 1 - I do not need less sleep than usual.
- ☐ 2 - I occasionally need less sleep than usual.
- ☐ 3 - I often need less sleep than usual.
- ☐ 4 - I frequently need less sleep than usual.
- ☐ 5 - I can go all day and all night without any sleep and still not feel tired.

Question 4: Do you talk more than usual?

- ☐ 1 - I do not talk more than usual.
- ☐ 2 - I occasionally talk more than usual.
- ☐ 3 - I often talk more than usual.
- ☐ 4 - I frequently talk more than usual.
- ☐ 5 - I talk constantly and cannot be interrupted.

Question 5: Have you been more active (e.g., at work, at home, at school, socially, sexually, etc.)?

- ☐ 1 - I have not been more active (either socially, sexually, at work, home, or school) than usual.
- ☐ 2 - I have occasionally been more active than usual.
- ☐ 3 - I have often been more active than usual.
- ☐ 4 - I have frequently been more active than usual.
- ☐ 5 - I am constantly more active or on the go all the time.

Total score:

Score interpretations

- A score of 6 or higher indicates a high probability of a manic or hypomanic condition.
- A score of 6 or higher may indicate a need for treatment and/or further diagnostic workup.
- A score of 5 or lower is less likely to be associated with significant symptoms of mania.

Additional comments