

Altman Self-Rating Mania Scale

Patient's full name: _____ Date of birth: _____

Clinician's full name: _____ Date assessed: _____

Instructions:

- Please read each question carefully.
- Select one statement from each set of answers that best applies to you.
- **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.

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

<input type="checkbox"/> 1	I do not feel happier or more cheerful than usual.
<input type="checkbox"/> 2	I occasionally feel happier or more cheerful than usual.
<input type="checkbox"/> 3	I often feel happier or more cheerful than usual.
<input type="checkbox"/> 4	I feel happier or more cheerful than usual most of the time.
<input type="checkbox"/> 5	I feel happier or more cheerful than usual all of the time.

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

<input type="checkbox"/> 1	I do not feel more self-confident than usual.
<input type="checkbox"/> 2	I occasionally feel more self-confident than usual.
<input type="checkbox"/> 3	I often feel more self-confident than usual.
<input type="checkbox"/> 4	I frequently feel more self-confident than usual.

<input type="checkbox"/> 5	I feel extremely self-confident all of the time.
----------------------------	--

Question 3: Do you need less sleep than usual?

<input type="checkbox"/> 1	I do not need less sleep than usual.
<input type="checkbox"/> 2	I occasionally need less sleep than usual.
<input type="checkbox"/> 3	I often need less sleep than usual.
<input type="checkbox"/> 4	I frequently need less sleep than usual.
<input type="checkbox"/> 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?

<input type="checkbox"/> 1	I do not talk more than usual.
<input type="checkbox"/> 2	I occasionally talk more than usual.
<input type="checkbox"/> 3	I often talk more than usual.
<input type="checkbox"/> 4	I frequently talk more than usual.
<input type="checkbox"/> 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.)?

<input type="checkbox"/> 1	I have not been more active (either socially, sexually, at work, home, or school) than usual.
----------------------------	---

<input type="checkbox"/> 2	I have occasionally been more active than usual.
<input type="checkbox"/> 3	I have often been more active than usual.
<input type="checkbox"/> 4	I have frequently been more active than usual.
<input type="checkbox"/> 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

Reference:

Altman EG, Hedeker D, Peterson JL, Davis JM: The Altman Self-Rating Mania Scale. *Biological Psychiatry* 42: 948-955, 1997.