

# Young Mania Rating Scale (YMRS)

**Date:**

**Patient's Name:**

**Rater's Name:**

## **Guide:**

- If several keys are present under a particular grade of severity, the presence of only one is required to qualify for that rating.
- One is encouraged to give whole or half points, especially if the patient doesn't follow the progression in the keys.
- Exception: If necessary, one can ignore the keys provided in the guides to indicate severity.

### **1. Elevated Mood**

- 0: Absent
- 1: Mildly or possibly increased questioning
- 2: Definite subjective elevation; optimistic, self-confident; cheerful, appropriate to the content
- 3: Elevated; inappropriate to content; humorous
- 4: Euphoric; inappropriate laughter; singing
- Other: \_\_\_\_\_

### **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)
- Other: \_\_\_\_\_

### **3. Sexual Interest**

- 0: Normal; not increased
- 1: Mildly or possibly increased

- 2: Definite subjective increase in questioning
- 3: Spontaneous sexual content; elaborates on sexual matters; hypersexual by self-report
- 4: Overt sexual acts (toward patients, staff, or interviewer)
- Other: \_\_\_\_\_

#### 4. Sleep

- 0: Reports no decrease in sleep
- 1: Sleeping less than the 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
- Other: \_\_\_\_\_

#### 5. Irritability

- 0: Absent
- 2: Subjectively increased
- 4: Irritable at times during interview; recent episodes of anger or annoyance onward
- 6: Frequently irritable during the interview; short, curt throughout
- 8: Hostile, uncooperative; interview impossible
- Other: \_\_\_\_\_

#### 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
- Other: \_\_\_\_\_

#### 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
- Other: \_\_\_\_\_

## 8. Content

- 0: Normal
- 2: Questionable plans, new interests
- 4: Special project(s); hyper-religious
- 6: Grandiose or paranoid ideas; ideas of reference
- 8: Delusions; hallucinations
- Other: \_\_\_\_\_

## 9. Disruptive-Aggressive Behavior

- 0: Absent, cooperative
- 2: Sarcastic; loud at times, guarded
- 4: Demanding; threats onward
- 6: Threatens interviewer; shouting; interview difficult
- 8: Assaultive; destructive; interview impossible
- Other: \_\_\_\_\_

## 10. Appearance

- 0: Appropriate dress and grooming
- 1: Minimally unkempt
- 2: Poorly groomed; moderately disheveled; overdressed
- 3: Disheveled; partly clothed; garish make-up
- 4: Completely unkempt; decorated; bizarre garb
- Other: \_\_\_\_\_

## 11. Insight

- 0: Present; admits illness; agrees with the 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 change
- Other: \_\_\_\_\_

**Total Score:** \_\_\_\_\_

**Additional Observations:**

Young, R. C., Biggs, J. T., Ziegler, V. E., & Meyer, D. A. (1978). A rating scale for mania: Reliability, validity and sensitivity. *The British Journal of Psychiatry*, 133, 429–435.  
<https://doi.org/10.1192/bjp.133.5.429>

Young RC, Biggs JT, Ziegler VE, Meyer DA. Young Mania Rating Scale. In: Handbook of Psychiatric Measures. Washington, DC: American Psychiatric Association; 2000:540-542.