Young Mania Rating Scale (YMRS)


Rating Clinician-rated
Administration time 10–20 minutes
Main purpose To assess severity of manic symptoms
Population Adults and adolescents with mania

Commentary
The YMRS is an 11-item clinician-rated scale designed to assess severity of manic symptoms. The gold standard of mania rating scales, the instrument is widely used in both clinical and research settings. Information for assigning scores is gained from the patient’s subjective reported symptoms over the previous 48 hours and from clinical observation during the interview. The scale is appropriate both for assessing baseline severity of manic symptoms, and response to treatment in patients with bipolar disorder type I and II. However, the YMRS does not assess concomitant depressive symptoms and should be administered in conjunction with a depression rating scale such as the HDRS (see page 28) or the MADRS (see page 41) in patients with concomitant symptoms of depression or those experiencing a mixed episode.

Scoring
Four of the YMRS items are rated on a 0–8 scale, with the remaining 5 items being rated on a 0–4 scale. Clear anchor-points are provided to help the clinician determine severity. A score of ≤12 indicates remission of symptoms.

Versions
A parent version of the YMRS has been produced; the scale has been translated into other languages including Spanish and Turkish, but the Royal College of Psychiatrists does not hold a record of currently available translations.

Additional references

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<table>
<thead>
<tr>
<th>Item</th>
<th>Explanation</th>
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| 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 laughter singing |
| 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; continues hyperactivity (cannot be calmed) |
| Sexual interest                           | 0 normal; not increased  
1 mildly or possibly increased  
2 definite subjective increase on questioning  
3 spontaneous sexual content; elaborates on sexual matters; hypersexual by self-report  
4 overt sexual acts (toward subjects, staff, or interviewer) |
| 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 |
| 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 |
| 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 interpret  
8 pressured; uninterruptible; continuous speech |
| 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 |
| Content                                   | 0 normal  
2 questionable plans, new interests  
4 special project(s); hyperreligious  
6 grandiose or paranoid ideas; ideas of reference  
8 delusions; hallucinations |
| Disruptive-aggressive behaviour           | 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 |
| 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 |
| Insight                                   | 0 present; admits illness; agrees with need for treatment  
1 possibly ill  
2 admits behaviour change, but denies illness  
3 admits possible change in behaviour, but denies illness  
4 denies any behaviour change |