

THE YOUNG MANIA RATING SCALE (MRS)*

Date



Name

Date of Birth

The Young Manic Scale (MRS) is an eleven item clinician-administered scale. Ratings are based on a clinical interview of 15-30 minutes duration.*

1. 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

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)

3. 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 patients, staff, or interviewer)

4. 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

5. Irritability

- 0 = Absent
- 1 = Subjectively increased
- 2 = Irritable at times during interview; recent episodes of anger or annoyance on ward
- 3 = Frequently irritable during interview; short, curt throughout
- 4 = Hostile, uncooperative; interview impossible

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<p>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</p>	
<p>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</p>	
<p>8. Content 0 = Normal 2 = Questionable plans, new interests 4 = Special project(s); hyperreligious 6 = Grandiose or paranoid ideas; ideas of reference 8 = Delusions; hallucinations</p>	
<p>9. Disruptive-Aggressive Behavior 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</p>	
<p>10. Appearance 0 = Appropriate dress and grooming 1 = Minimally unkempt 2 = Poorly groomed; moderately dishevelled; overdressed 3 = Dishevelled; partly clothed; garish make-up 4 = Completely unkempt, decorated; bizarre garb</p>	
<p>11. Insight 0 = Present; admits illness; agrees with 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</p>	
Total count	<p><small>*Young, R.C., J.T. Biggs, V.E. Ziegler, and D.A. Meger. A rating scale for mania: reliability, validity, and sensitivity. Br. J. Psychiat. 133:429-433. 1978</small></p>