ASRM

Altman Self-Rating Mania Scale (ASRM)

The ASRM is a self-report tool designed to measure the severity of manic symptoms in people suspected of having mood disorders, particularly bipolar disorder. Quick and easy to administer, it provides a standardized quantitative measure of manic symptomatology over the past 7 days.

Number of questions	5 questions
Estimated duration	5 minutes
Language	English
Original name	Altman Self-Rating Mania Scale
Target audience	Adults
Authors	Emmanuel S. Altman, Robert C. Hedeker, David S. Peterson, Ronald W. Davis (1997)
Category	Mood disorders

Preview of the 5 questions

The way you have been feeling for the past week:

Positive mood

- I do not feel happier or more cheerful than usual.
- I occasionally feel happier or more cheerful than usual.
- I often feel happier or more cheerful than usual.
- I feel happier or more cheerful than usual most of the time.
- I feel happier or more cheerful than usual all of the time.

The way you have been feeling for the past week:

Self-confidence

- I do not feel more self-confident than usual.
- I occasionally feel more self-confident than usual.
- I often feel more self-confident than usual.
- I feel more self-confident than usual.
- I feel extremely self-confident all of the time.

The way you have been feeling for the past week:

Sleep patterns

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

The way you have been feeling for the past week:

Speech

- I do not talk more than usual.
- I occasionally talk more than usual.
- I often talk more than usual.
- I frequently talk more than usual.
- I talk constantly and cannot be interrupted.

The way you have been feeling for the past week:

Activity level

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

Scoring & interpretation

Each question has five response options scored from 0 to 4, giving a total score from 0 to 20. A score above 6 suggests the presence of a significant manic or hypomanic syndrome. The results must be interpreted within the patient's overall clinical context.