RMS

Rapid Mood Screener (RMS)

The RMS is a quick screening tool designed to identify the presence of bipolar disorder, particularly when major depressive disorder is suspected. It aims to facilitate the referral of patients for a more thorough clinical assessment. It is simple to administer and suited to both primary and specialty care settings.

Number of questions	6 questions
Estimated duration	2 minutes
Language	English
Original name	Rapid Mood Screener
Target audience	Adults
Authors	McIntyre RS, Konarski JZ, Mancini DA, Grigoriadis S, Grupp L, Knauth D, Cyriac A, Kennedy SH (2020)
Category	Mood disorders

Preview of the 6 questions

Have there been at least 6 different periods of time (at least 2 weeks) when you felt deeply depressed?

Yes No

Did you have problems with depression before the age of 18?

Yes No

Have you ever had to stop or change your antidepressant because it made you highly irritable or hyper?

Yes No

Have you ever had a period of at least 1 week during which you were more talkative than normal with thoughts racing in your head?

Yes No

Have you ever had a period of at least 1 week during which you felt any of the following: unusually happy; unusually outgoing; or unusually energetic?

Yes | No

Scoring & interpretation

Each item is answered Yes or No. A certain number of positive answers (usually 2 or more) indicates a high risk of bipolar disorder and requires an in-depth clinical assessment.