YMRS

Young Mania Rating Scale (YMRS)

The YMRS is a clinical observation scale used to assess the severity of manic symptoms in people with bipolar disorder. It is completed by the clinician based on a semi-structured interview and covers dimensions such as mood, motor activity, speech and thought.

Number of questions	11 questions
Estimated duration	15 minutes
Language	English
Original name	Young Mania Rating Scale
Target audience	Adults with suspected mania
Authors	Vincent E. Young, Robert M. Biggs, Daniel M. Ziegler, Florence Lewis (1978)

Preview of the 11 questions

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; continuous 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 patients, 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

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a 5- or 9-point scale, with some items weighted. The total score is the sum of all items (maximum 60). The higher the score, the greater the severity of the manic state.

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“Skeptical at first, I now can't do without this tool in my practice.”

 Elodie C. - CBT Psychologist