

SCALA YOUNG DE EVALUARE A MANIEI

(Young Mania Rating Scale-YMRS)

Ghid pentru evaluarea itemilor:

Scopul fiecărui item este să evalueze severitatea simptomelor pacientului. Pentru fiecare item sunt furnizate mai multe grade de severitate și este necesar să fie ales un anumit grad pentru ca itemul respectiv să fie evaluat. Astfel, alegeți un grad de severitate în acord cu percepția față de starea pacientului. Fiecarui grad de severitate îi corespunde un scor, pentru unii itemi puteți alege și un scor între treptele de severitate furnizate.

1. Dispoziție crescută

- 0 Absent
- 1 Posibilă sau ușoară creștere a dispoziției când este întrebat
- 2 Creștere subiectivă bine definită: optimistic, confident, bucuros, conform cu contextul
- 3 Crescută; veselie; neconform cu contextul
- 4 Euforic; râs nepotrivit; cântă

2. Creșterea energiei – activității motorii

- 0 Absent
- 1 Creștere afirmată
- 2 Animat, gesticulat
- 3 Energie excesivă; perioade de hiperactivitate; se mișcă continuu (poate fi calmat)
- 4 Excitație motorie; hiperactivitate continuă (nu poate fi calmat)

3. Interesul sexual

- 0 Normal; nu este crescut deloc
- 1 Posibil sau ușor crescut
- 2 Afirmativ crescut
- 3 Continut sexual spontan; discuta subiecție sexuală; raportează hipersexualitate
- 4 Acțiuni sexuale deschise (față de personal, alți pacienți, etc.)

4. Somn

- 0 Nu raportează descreșterea nevoii de somn
- 1 Doarme mai puțin decât normal până la o oră
- 2 Doarme mai puțin decât normal (mai puțin decât o oră)
- 3 Raportează descreșterea nevoii de somn
- 4 Neagă nevoia de somn

5. Iritabilitate

- 0 Absent
- 2 Afirmativ crescut
- 4 Iritabil în timpul interviului; recente episoade de minie sau ceartă în spital
- 6 Frecvent iritabil în timpul interviului; comportament necivilizat, vulgar
- 8 Ostil, necooperant; interviul este imposibil

6. Vorbire (frecvență și cantitate)

- 0 Necrescută
- 2 Crede că este vorbăreț
- 4 Perioade de creștere a frecvenței și a cantității; vorbăreț în timpul interviului
- 6 Creștere evidentă a frecvenței și a cantității vorbirii, nu poate fi oprit
- 8 Nu poate fi întrerupt, vorbește incontinuu

7. Tulburarea gândirii – limbajului

- 0 Absent
- 1 Circumstanțial, ușoară distractibilitate, gândire rapidă
- 2 Distractibil, pierde firul gândirii, schimbă subiectul des, gândurile zboară
- 3 Fuga de idei, tangențialitate, dificil de urmărit, echolalie
- 4 Incoerent, comunicare imposibilă

8. Continut

- 0 Normal
- 2 Planuri vagi, noi interese
- 4 Proiecte speciale; hiper-religios
- 6 Grandios sau paranoid; idei de referință
- 8 Delirant; halucinații

9. Comportament destructurat – agresiv

- 0 Absent; cooperant
- 2 Sarcastic, circumspect
- 4 Sollicitant, amenințator
- 6 Amenința interviatorul, imbrăcesc, interviu dificil
- 8 Agresiv, distructiv, interviu imposibil

10. Aparenta

- 0 Imbrăcaminte și aparenta corespunzătoare
- 1 Ușoară dezordine în imbrăcaminte și aparenta
- 2 Moderată dezordine, murdărie, imbrăcaminte neadecvate
- 3 Dezmată; parțial imbrăcat; împopotonat, machiat nepotrivit
- 4 Complet murdar și dezmat, imbrăcat bizar, machiat strident; poartă decorații și insigne

11. Insight (conștiința bolii)

- 0 Prezent; admite existența bolii; de acord cu tratamentul
- 1 Admite ca posibilă boala
- 2 Admite modificările comportamentale dar neagă existența bolii
- 3 Admite unele modificări comportamentale dar neagă existența bolii
- 4 Neagă orice schimbare comportamentală

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P A T I E N T E D U C A T I O N T O O L S

Young Mania Rating Scale (YMRS)

OVERVIEW

The Young Mania Rating Scale (YMRS) is one of the most frequently utilized rating scales to assess manic symptoms. The scale has 11 items and is based on the patient's subjective report of his or her clinical condition over the previous 48 hours. Additional information is based upon clinical observations made during the course of the clinical interview. The items are selected based upon published descriptions of the core symptoms of mania. The YMRS follows the style of the Hamilton Rating Scale for Depression (HAM-D) with each item given a severity rating. There are four items that are graded on a 0 to 8 scale (irritability, speech, thought content, and disruptive/aggressive behavior), while the remaining seven items are graded on a 0 to 4 scale. These four items are given twice the weight of the others to compensate for poor cooperation from severely ill patients. There are well described anchor points for each grade of severity. The authors encourage the use of whole or half point ratings once experience with the scale is acquired. Typical YMRS baseline scores can vary a lot. They depend on the patients' clinical features such as mania (YMRS = 12), depression (YMRS = 3), or euthymia (YMRS = 2). Sometimes a clinical study entry requirement of $YMRS \geq 20$ generates a mean YMRS baseline of about 30. Strengths of the YMRS include its brevity, widely accepted use, and ease of administration. The usefulness of the scale is limited in populations with diagnoses other than mania.

The YMRS is a rating scale used to evaluate manic symptoms at baseline and over time in individuals with mania.

The scale is generally done by a clinician or other trained rater with expertise with manic patients and takes 15–30 minutes to complete.

REFERENCES

Young RC, Biggs JT, Ziegler VE, Meyer DA. A rating scale for mania: reliability, validity and sensitivity. *Br J Psychiatry*. 1978;133:429-435.

McIntyre RS, Mancini DA, Srinivasan J, McCann S, Konarski JZ, Kennedy SH. The antidepressant effects of risperidone and olanzapine in bipolar disorder. *Can J Clin Pharmacol*. 2004;11:e218-226.

Young RC, Biggs JT, Ziegler VE, Meyer DA. Young Mania Rating Scale. In: *Handbook of Psychiatric Measures*. Washington, DC: American Psychiatric Association; 2000:540-542.



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Young Mania Rating Scale (YMRS)

GUIDE FOR SCORING ITEMS:

The purpose of each item is to rate the severity of that abnormality in the patient. When several keys are given for a particular grade of severity, the presence of only one is required to qualify for that rating.

The keys provided are guides. One can ignore the keys if that is necessary to indicate severity, although this should be the exception rather than the rule.

Scoring between the points given (whole or half points) is possible and encouraged after experience with the scale is acquired. This is particularly useful when severity of a particular item in a patient does not follow the progression indicated by the keys.

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
- 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



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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

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

8. Content

- 0 Normal
- 2 Questionable plans, new interests
- 4 Special project(s); hyper-religious
- 6 Grandiose or paranoid ideas; ideas of reference
- 8 Delusions; hallucinations

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

10. 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

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

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