Overview
The Parent-Young Mania Rating Scale (P-YMRS) assesses the severity of manic symptoms in children and adolescents with Bipolar Disorder, Type I and II, or those at risk of mania. The P-YMRS was adapted from the clinician administered YMRS, developed as an observational measure for use with adult inpatients. An educator/teacher version (T-YMRS) was also adapted for use with students. As the measure does not assess concomitant depressive symptoms, a depressive rating scale should be administered along with the P-YMRS.

Focus Area
Depression/Mood

Purpose
Screening/Initial Evaluation
Progress Monitoring

Reporter
Caregiver
Educator
Clinician

Versions
P-YMRS, Caregiver, 11 items (for ages 5-17)
T-YMRS, Educator, 10 items (for ages 5-17)
YMRS, Clinician, 11 items (for ages 18+)

Subscales
N/A

Sample Items
- Mood - Is your child’s mood higher (better) than usual?
- Thoughts - Has your child shown changes in his/her thought patterns?
- Disruptive-aggressive behavior – Has your child been more disruptive or aggressive?

Response Options
No
Mildly or possibly increased
Definite elevation
Elevated but inappropriate to content
Euphoric

Includes additional response options

Estimated Completion Time
Ten to twenty minutes (P-YMRS/T-YMRS)
Fifteen to thirty minutes (YMRS)

Languages
English
Spanish
Other

Cost
Free

Access the measures:
P-YMRS    YMRS (online)    T-YMRS (not available)
## Scoring

### Young Mania Rating Scale (YMRS)

<table>
<thead>
<tr>
<th>Possible range</th>
<th>P-YMRS/YMRS</th>
<th>T-YMRS</th>
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<tbody>
<tr>
<td></td>
<td>0-60</td>
<td>0-40</td>
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### Item scores
- **No (0) to Euphoric (4)**; **No (0) to Hostile and uncooperative all the time (8)**
- Anchor points vary for each item, with the general trend of more severe symptoms with higher scores

### Administration & scoring rules

To use the **P-YMRS** and **YMRS** for **screening** or **progress monitoring**:
- Rate symptoms present in the past 48 hours
  - Clinicians completing the YMRS as an interview should incorporate information from the interview into scoring, including individual's subjective report of symptoms and clinical observations
  - Sum items 1-4,7,10,11 on a 0-4 scale
  - Sum items 5,6,8,9 on a 0-8 scale
  - Sum all items to get a total severity score
- Clinicians using the YMRS may score with whole or half points after experience with the scale has been acquired

To use the **T-YMRS** for **screening** or **progress monitoring**:
- Rate symptoms present in the past 48 hours
  - Substitute “student” each time “child” appears on **P-YMRS**
  - Sum items 1-3,5-11 on a 0-4 scale (even if it says 0 to 8)
  - Sum all items except item 4 (regarding sleep) to get a total severity score

### Interpretation

**Screening and progress monitoring (P-YMRS and YMRS):**
- Interpretation of total severity score:
  - 20-25 = Mild
  - 26-38 = Moderate
  - 39-60 = Severe
- A score above 13 suggests a potential case of mania or hypomania
- A score above 21 suggests a probable case of mania or hypomania
- Sensitivity and specificity may increase if using scores of:
  - 18 or greater to indicate potential mania
  - 25 or greater to indicate probable mania
- Scores of 12 and below may indicate remission of symptoms

No interpretation information was available for the **T-YMRS**.