

Mania Acute Changes Scale

Subject: _____

Date: _____

Clinician performing evaluation: _____

A) Manic Symptoms

1) gross motor activity	0	normal
	1	slightly increased, subjective elevation
	2	definite increase, moving periodically
	3	excessive, moving around frequently
	4	pacing, running, dancing, can't sit still
2) fine motor activity	0	normal
	1	fidgeting; mild, intermittent
	2	moderate, continuous activity
	3	whole body fidgeting, continuous
	4	interferes with interview
3) goal-directed activity	0	normal
	1	subjective, or possible increase
	2	definite increase, notable
	3	marked increase, interrupting interview
	4	excessive, interview impossible
4) rate of speech	0	normal rate
	1	subjective sense of increased rate
	2	notable increased rate
	3	rapid, interruptible
	4	pressured, unable to be interrupted
5) volume of speech	0	normal
	1	speaking louder than necessary
	2	noisy, can hear at a distance
	3	loud, singing, heard outside room
	4	shouting, screaming

6) form of cognition	0	normal, cohesive
	1	vivid, somewhat rambling but cohesive
	2	tangential, circumstantial
	3	flight of ideas, loose associations
	4	grossly disorganized
7) attention	0	unremarkable
	1	mildly distractible, able to maintain focus
	2	distracted, occasionally losing focus
	3	frequently losing focus
	4	unable to focus
8) affect	0	congruent, appropriate
	1	possibly elevated
	2	cheerful, bright, appropriate
	3	inappropriate, exuberant
	4	euphoric
9) mood lability	0	none
	1	subjective
	2	mild lability
	3	lability, profound mood shifts
	4	severe, constant, extremes
10) irritability	0	absent
	1	subjectively increased
	2	irritable
	3	angry
	4	hostile
11) esteem	0	unremarkable
	1	mild increase, boasting
	2	bragging, notable increase
	3	mild grandiosity, unrealistic
	4	delusional grandiosity
12) hallucinations	0	none
	1	possible
	2	poorly formed hallucinations
	3	voices, figures
	4	complex hallucinations, conversations

circle any that are present: AH VH TH OH GH internal stimuli

13) delusions	0	none
	1	possible
	2	poorly formed, vague
	3	definite delusions, ideas of reference
	4	bizarre delusions
14) paranoia	0	none
	1	vague, hypervigilant
	2	suspicious
	3	
	4	frank paranoia, paranoid delusions
15) pleasure-seeking/drive/libido	0	normal level
	1	possible, subjective
	2	definite, but mild
	3	spontaneous, overt
	4	all-consuming
16) appearance	0	appropriate
	1	minimally unkempt
	2	disheveled, overdressed
	3	unkempt, garish, inappropriate dress
	4	partly clothed, bizarre garb

TOTAL MANIC SYMPTOM SCORE: _____

B) Depression Symptoms

15) affect	0	neutral
	1	slightly 'down'
	2	dysthymic, constricted
	3	depressed, tearful
	4	despondent, flat
16) speech/thought rate	0	normal
	1	slight delay, mild slowing
	2	slow, notable latency
	3	long pauses, occasional thought blocking
	4	mute

17) activity	0	normal
	1	slight retardation
	2	slowed movements
	3	decreased activity
	4	immobile

18) sedation	0	alert
	1	subjectively tired
	2	sleepy, drowsy
	3	sedated
	4	asleep

TOTAL DEPRESSION SYMPTOM SCORE: _____