K-SADS MANIA RATING SCALE

BIPOLAR DISORDERS
This rating scale is based on the items from the WASH-U-KSADS (Barbara Geller, M.D.) and the 4th Revision of the KSADS-P (Joaquim Puig-Antich, M.D. and Neal Ryan, M.D.). The following items are to determine the presence of mania or hypomania during a period of time prescribed by the rater/study. At the end of the scale, the rater should note the onset and offset of the time period being rated. If any of the items are judged present, inquire in a general way to determine how s/he was behaving at the time with such questions as, "When you were this way, what kind of things were you doing? How did you spend your time?" If there have been manic periods it is exceedingly important that they are clearly delineated. Whenever two or more items are scored positively, it is important to determine if they occurred at the same time.

If the subject has only described dysphoric mood, the following questions regarding the manic syndrome should be introduced with a statement such as, "I know you have been feeling (___), however, many people have other feelings mixed in or at different times too." The most difficult patients to assess are those in whom manic and depressed symptoms simultaneously coexist, superimposed on each other during the same times (Mixed States). The rater should keep this possibility in mind as s/he goes through this section.

1. ELATION, EXPANSIVE MOOD
Elevated mood and/or optimistic attitude toward the future which lasted at least 4 hours and was out of proportion to the circumstances. Differentiate from normal mood in chronically depressed subjects. Do not rate positive if mild elation is reported in situations like Christmas gifts, birthdays, amusement parks, which normally overstimulate and make children very excited.

Have (there been times when) you felt very good or too cheerful or high or terrific or great or just not your normal self? If unclear:
When you felt on top of the world or as if there was nothing you couldn't do? That this is the best of all possible worlds?
If people saw you, would they think you were just in a good mood or something more than that?

If unclear:
Terrific or great, or just not your normal self?

Related to a mood d/o
| | Current and Past | | No |

Past:  | | | |

2. IRRITABILITY AND ANGER
Subjective feeling of irritability, anger, crankiness, bad temper, short tempered, resentment, or annoyance, externally directed, whether expressed overtly or not.
Rate the intensity and duration of such feelings.
Do not rate here if irritability is due to depression or disruptive disorders.

Do you get annoyed and irritated or cranky at little things?
What kinds of things?
Have you been feeling mad or angry also (even if you don't show it)? How angry?
More than before?
What kinds of things make you feel angry?
Do you sometimes feel angry and/or irritable, and/or cranky and don't know why?
Does this happen often?
Do you lose you temper?
With your family? Your friends? Who else? At school? What do you do?
Has anybody said anything about it?
How much of the time do you feel angry, irritable, and/or cranky: All of the time?
Lots of the time?
Just now and then?
None of the time?
When you get mad, what do you think about?
Do you think about killing others? Or about hurting them or torturing them?
Whom: Do you have a plan? How?

Related to a mood d/o
| | Current and Past | | No |

Past:  | | | |

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MOOD LABILITY

Changability of mood; rapid mood variation with several mood states (angry, elated, depressed, anxious, relaxed) within a brief period of time; appears internally driven without regard to circumstances or not related to anything external to the patient. Could be an exaggerated mood change in regard to minor slights, frustrations or positive events.

- Slight: Some moodiness or mood variation possibly out of proportion to circumstances, but of doubtful significance
- Mild: Definite mood changes, internally driven or somewhat out of proportion to circumstances, occurring several times per day. Noticeable by others, but does not cause impairment in function or relationships.
- Moderate: Many mood changes throughout the day, can vary from elevated mood to anger to sadness within couple of hours; changes in mood clearly out of proportion to circumstances and cause impairment in functioning
- Severe: Rapid mood swings nearly all of the time, with mood intensity way out of proportion to circumstances
- Extreme: Constant, explosive variability in mood, several mood changes occurring within minutes, difficult to identify a particular mood, changes in mood radically out of proportion to circumstances

DECREASED NEED FOR SLEEP

Less need for sleep than usual in order to feel rested (average for several days when needed less sleep). (Refer to norms on insomnia)

- No information
- No change or more sleep needed
- Up to 1 hour less than usual
- Up to 2 hours less than usual
- Up to 3 hours less than usual
- Up to 4 hours less than usual
- 4 or more hours less than usual
5. RACING THOUGHTS

Subjective experience that thinking was markedly accelerated.

When you were (___), were there times when your thoughts raced through your mind?
Did you have more ideas than usual or more than you could handle?

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No information

Mild: Occasional racing thoughts at least 3 times per week
Moderate: Racing thoughts at least 50% of awake time
Severe: Racing thoughts most of the time
Extreme: Almost constant racing thoughts

6. UNUSUALLY ENERGETIC

More active than his/her usual level without expected fatigue.

Have you had more energy than usual to do things?
Did people tell you that you were (are) non-stop?
Did you agree with them? Did it seem like too much energy? Do you know why? Were you doing too many things? Did you feel tired?
When did this happen? (example)

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No information

No difference than usual or less energetic
Slightly more energetic but of questionable significance
Little change in activity level but less fatigued than usual
Somewhat more active than usual with little or no fatigue
Much more active than usual with little or no fatigue
Unusually active all day long with little or no fatigue

7. INCREASE IN GOAL-DIRECTED ACTIVITY

As compared with usual level. Consider changes in scholastic, social, sexual, or leisure involvement or activity level associated with work, family, friends, new projects, interests, or activities (e.g., telephone calls, letter writing)

Is there any time when you were more active or involved in things compared to the way you usually are? What about in school, at your club, scouts, church, at home, friends, hobbies, new projects or interests?
Were you doing a lot of things?
How much of your day has been spent in this?
Were you trying to do so many different things that you couldn't keep up?
When did this happen? (example)

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No information

No change or decrease
Slightly more interest or activity but of questionable significance
Mild but definite increase in general activity level involving several areas
Moderate generalized increase in activity level involving several areas
Marked increase and almost constantly involved in numerous activities in many areas
Extreme, e.g., constantly active in a variety of activities from awakening until going to sleep
8. MOTOR HYPERACTIVITY

Visible manifestations of generalized motor hyperactivity which occurred during a period of abnormally elevated, expansive, or irritable mood. Make certain that the hyperactivity actually occurred and was not merely a subjective feeling of restlessness. Make sure it is not chronic but episodic hyperactivity.

When you were (___), were there times when you were (high, feeling so good, so angry) that you were always moving, couldn’t stay put, were unable to sit still or you always had to be moving, pacing up and down? Or are you always like that?

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Past: [ ] Current and Past [ ] No

Related to a mood d/o

9. GRANDIOSITY

Increased self-esteem and appraisal of his/her worth, power, or knowledge (up to grandiose delusions) as compared with usual level. Persecutory delusions should not be considered evidence of grandiosity unless the subject feels the persecution is due to some special attributes of his/her (e.g., power, knowledge).

Have you felt more self-confident than usual? Have you felt much better than others? ... smarter? ... stronger? Why?

Have you felt that you are a particularly important person or that you had special talents or abilities? What about special plans? When did this happen? (example)

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Past: [ ] Current and Past [ ] No

Related to a mood d/o

10. ACCELERATED, PRESSURED OR INCREASED AMOUNT OF SPEECH

When you were (___), were there times that you talked very rapidly or talked on and on and couldn’t be stopped? Did people say you were talking too much? Could people understand you?

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Related to a mood d/o
11. FLIGHT OF IDEAS (Observed or reported by informant)

Accelerated speech with abrupt changes from topic to topic, usually based on understandable associations, distracting stimuli or play on words. In rating severity consider speed of associations, inability to complete ideas and sustain attention in a goal-directed manner. When severe, complete or partial sentences may be galloping on each other so fast that apparent sentence to sentence derailment and/or sentence incoherence may also be present. An extreme example of this symptom is “You have to be quiet to be sad. Everything having to do with ‘s’ is quiet-on the q.t., sit, sob, sigh, sin, sorrow, surcease, sought, sand, sweet mother’s love and salvation.”

Have there been times when people could not understand you? When they said you did not make sense? Could you give me an example?

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12. POOR JUDGEMENT

Excessive involvement in dangerous activities without recognizing the high potential for painful consequences.

When you were (___), did you do anything that caused trouble for you or your family...or friends? What about anything that could have? Did you do things you normally wouldn’t do (like giving away a whole lot of things or taking a whole lot of chances)? Did you think of what would happen before you did it? Was there anything that you did that you now think you should not have done?

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13. Inappropriate laughing, joking or grinning.

Do you sometimes laugh or act silly? Does this happen for no reason? Do other people notice? Do you laugh out loud in class? Are the other students quietly doing their work? Do you sometimes act or talk like a much younger child? Do you use babytalk? Do you ever crawl like a baby?

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14. Uninhibited people seeking, gregariousness.

Do you like meeting new people? Are you friendly with people you just met? Do your parents ever complain that you are always bringing new people home? How often does this happen?

Do you find yourself bringing home "friends" that your parents have never seen before? How often does this happen? Do people comment that you are "the most popular" person at the party? Do you begin conversations with people you have never met? (e.g., at the mall, do you go up and talk to just anyone)? Are you the type of person who never met a "stranger"?

Are you the "class clown"?

Related to a mood d/o
[ ] Current and Past
[ ] Current [ ] Past [ ] No

15. Increased productivity.

Are there times when you start many more projects than you could possibly complete in an hour's time (e.g., go to music lesson, rearrange your bedroom, play two different sports, start and art project)? Are there times when you feel that you have to produce more than anyone else (e.g., sell 100 times more Girl Scout cookies than anyone else)?

Related to a mood d/o
[ ] Current and Past
[ ] Current [ ] Past [ ] No

16. Sharpened and unusually creative thinking.

Do you like to write stories, do art projects, draw, paly music, or write songs? Do you feel that you are "outstanding" at these activities when you are feeling high? Are there times when you feel that you are "super" creative?

Related to a mood d/o
[ ] Current and Past
[ ] Current [ ] Past [ ] No
17. Hypersexuality.

Parent of child 6-12:

Are there times when your child makes inappropriate sexual remarks to a teacher or adult? Does your child like to "talk dirty" (e.g., talk about private parts of the body inappropriately)? Do adults complain that your child touches breasts or other private areas? When at the store does your child have to look at "Playboy" magazines? Does your child search out books or magazines with nude or suggestive pictures? Does your child draw naked people?

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Child 6-12:

What magazines do you like at the store? What types of movies do you like to watch? What kind of pictures do you draw?

Observe child for sexually explicit language or behavior during the interview, e.g., trying to touch the interviewer's body; propositioning the interviewer; talking about seeing sex.

Adolescents:

Are there times when you have to have sex no matter what time of day it is? Are there times when there are not enough sexual partners to meet your needs? Are there times when there are not enough hours in the day to have as much sex as you want and need? Do you talk non-stop about your many sexual conquests? Do you call the sex hotline and run up high phone phone bills?

Be sure to distinguish this behavior from provocation to sexual activity in the environment (e.g., see the Sexual Abuse Section of the Psychosocial Schedule for School-Age Children).

18. Distractibility (Observed or reported by informant)

Child presents evidence of difficulty focusing his/her attention on the questions of the interviewer, jumps from one thing to another, cannot keep track of his/her answers, and is drawn by irrelevant stimuli he cannot shut off. Not to be confused with avoidance of uncomfortable themes.

Have you ever been told that you have trouble sticking to what you are supposed to do? did you?
Can you give me an example?
Has a teacher told you that you "always" get distracted?

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19. HALLUCINATIONS

Sometimes children, when they are alone, hear voices or see things, or smell things and they don't quite know where they come from.

Has this happened to you?
Do you ever hear voices when you are alone?
Have you ever seen things that were not there?
When did you?
What did you see?
What did you hear?
Has there been anything unusual about the way things sounded?

How often have you heard these voices (noises)? (smell, feeling, visions) Is it some of the time, only now and then, most of the time, or all of the time?

What do you think it is?
Do you think it is your imagination or real?
Did you think it was real when you (heard, saw, etc.) it?
Do you think it's real or your imagination now?
What did you do when you (heard, saw, etc.) it?

Related to a mood d/o
I ] Current and Past I | | No

P C S
[ ] [ ] [ ]

Past:

No information or N/A
Not at all - Absent
Suspected / Possible
Mild: Definitely present but subject is generally aware it is his imagination and usually able to ignore it. Occurs no more than once per week.
Moderate: Generally believes in the reality of the hallucinations, but it has little influence on his behavior. (Or) Occurs at least once per week.
Severe: Convinced his hallucination is real and significantly effects his actions. i.e.: locks door to keep pursuers away. (or) Occurs frequently.
Extreme: Actions based on hallucinations have major impact on him or others: Unable to do school work because of constant "conversations." (or) Occurs most of the time.

20. DELUSIONS

Do you know what imaginations is? Tell me.
Sometimes does your imagination play tricks on you? What kind of tricks?
Tell me more about them.

Do you have any ideas about things that you don't tell anyone because they might not understand? What are they?
Do you have any secret thoughts? Tell me about them.
Do you believe in other things that other people don't believe in? Like what?
Is anything happening to your body?

Are you sure that this (…) is this way?
Could there be any other reason for it?
Who do you know that it happens as you say?

Any other possible explanation?
Do you enjoy making up stories like this?
Or is it different from making up stories?
(you might suggest other possible explanations and see how the subject reacts to them)

Did you ever think that this was your imagination?
Do you think it could be your imagination?
What did you do about…?

Related to a mood d/o
I ] Current and Past I | | No

P C S
[ ] [ ] [ ]

Past:

No information
Definitely not delusional
Suspected
Mild: Delusion definitely present but at times subject questions his false belief.
Moderate: Generally has conviction in his false belief.
Severe: Delusion has a significant effect on his actions, e.g., often asks family to forgive his sins, preoccupied with belief that he is a new Messiah.
Extreme: Actions based on delusions have major impact on him or others, e.g., stops eating because believes food is poisoned.

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21. DISORGANIZED THINKING: Take highest score of (a) or (b).

21a. SENTENCE INCOHERENCE

Impaired understandability of speech due to distorted grammar, or incompleteness within the sentence or clause, not in the connections between sentences (derailment). Portions of coherent sentences may be observed within a sentence that is incoherent as a whole. Words may be substituted, or connective words (e.g., and, although, the, a) may be deleted so the meaning is distorted or destroyed.

21b. DERAILMENT: LOOSENING OF SENTENCE-SENTENCE ASSOCIATIONS

Repeatedly saying sentences in juxtaposition which lack a readily understandable relationship, or shifting idiosyncratically from one frame of reference to another. Example: "I'm tired. All people have eyes."

There is a vague or disjointed connection of ideas. The slippage is usually slow and steady; the speaker gets further and further off the track so that his reply no longer has any connection to the question asked.

Distinguish from flight of ideas in the context of accelerated speech with abrupt changes of topic based on understandable associations.
Current time period rated:

Onset: / / Offset: / /

Number of days during rating period with ≥ 4 hours of manic symptoms: days

Percentage of rated time period that subject had manic symptoms: %

Most severe past time period rated:

Onset: / / Offset: / /

Number of days during rating period with ≥ 4 hours of manic symptoms: days

Percentage of rated time period that subject had manic symptoms: %