

Appendix: Altman Self-Rating Scale for Mania (ASRM)

Name _____ Date _____ Score _____

Instructions

1. On this questionnaire are groups of five statements; read each group of statements carefully.
2. Choose the one statement in each group that best describes the way you have been feeling for the past week.
3. Circle the number next to the statement you picked.
4. *Please note:* The word "occasionally" when used here means once or twice; "often" means several times or more; "frequently" means most of the time.

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- 1) 0 I do not feel happier or more cheerful than usual.
1 I occasionally feel happier or more cheerful than usual.
2 I often feel happier or more cheerful than usual.
3 I feel happier or more cheerful than usual most of the time.

- 4 I feel happier or more cheerful than usual all of the time.
- 2) 0 I do not feel more self-confident than usual.
1 I occasionally feel more self-confident than usual.
2 I often feel more self-confident than usual.
3 I feel more self-confident than usual most of the time.
4 I feel extremely self-confident all of the time.
- 3) 0 I do not need less sleep than usual.
1 I occasionally need less sleep than usual.
2 I often need less sleep than usual.
3 I frequently need less sleep than usual.
4 I can go all day and night without any sleep and still not feel tired.
- 4) 0 I do not talk more than usual.
1 I occasionally talk more than usual.
2 I often talk more than usual.
3 I frequently talk more than usual.
4 I talk constantly and cannot be interrupted.
- 5) 0 I have not been more active (either socially, sexually, at work, home, or school) than usual.
1 I have occasionally been more active than usual.
2 I have often been more active than usual.
3 I have frequently been more active than usual.
4 I am constantly active or on the go all the time.