

YOUR NAME/RELATIONSHIP _____

DATE _____

PATIENT'S NAME _____

AREDOC Mood Rating Scale by Friend or Relative

Everyone has changes in energy, activity and mood (“highs and lows” or “ups and downs”). Try to remember a time when your friend or relative was in a “high” or “hyper” state. Did any of these apply?

① During a high or hyper state... (circle one for each question)	Very true	Partly true	Not at all true	Check if mainly occurs when depressed
They had very high levels of energy	2	1	0	
They acted “bulletproof” or invulnerable	2	1	0	
They talked over people and were difficult to interrupt	2	1	0	
Their ideas came so fast that it was difficult to follow them	2	1	0	
They were irritable and angry	2	1	0	
Their judgement was impaired	2	1	0	
They were much more creative	2	1	0	
They were very distractible (moving rapidly from one task to another)	2	1	0	
They had unrealistic ideas of achieving great things	2	1	0	
They talked faster than usual	2	1	0	
They engaged in risky activities (e.g. spend more than could afford, sexual indiscretions, drive faster) that are out of character	2	1	0	
It was hard for others to keep up with them	2	1	0	
Small arguments they had would rapidly escalate	2	1	0	
Activities that are normally tiring for them did not seem to tire or exhaust them	2	1	0	
They kept going despite sleep reduction	2	1	0	
They seemed wired with high energy	2	1	0	
They were more impulsive	2	1	0	
Their conversation jumped from topic to topic	2	1	0	
They joked more or were giddy, silly	2	1	0	
They were more easily frustrated than usual	2	1	0	

② How much of a *problem* did any of these cause – like being unable to work; having family, money, or legal troubles; getting into arguments or fights?

NO PROBLEM

MINOR PROBLEM

MODERATE PROBLEM

SERIOUS PROBLEM

③ Length of their “highs” as a rule (on the average):

(Please mark *ONE* of the following)

1 day

Longer than 1 week

2–3 days

Longer than 1 month

4–7 days

I can't judge / don't know

Scoring

- Add up the items (max score of 40). In patients with recurrent depression, a score of 12 or greater indicates a high probability of bipolar disorder.
- If the “highs” lasted 4 or more days, they are likely due to full bipolar disorder; shorter durations may indicate subthreshold bipolar disorder or cyclothymic disorder.
- If the symptoms caused a moderate or severe problem, consider bipolar I disorder (full mania); otherwise they are likely due to bipolar II disorder (hypomania).
- Check marks in the depressed column indicate a history of mixed features.

Adapted from Parker G et al, AREDOC project (Revising Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, criteria for the bipolar disorders)