

AREDOC Mood Rating Scale

Everyone has changes in energy, activity and mood (“highs and lows” or “ups and downs”). Try to remember a time when you were 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
I have very high levels of energy	2	1	0	
I feel “bulletproof” or invulnerable	2	1	0	
I talk over people and am difficult to interrupt	2	1	0	
My thoughts race so quickly that it is difficult to retain them	2	1	0	
I am irritable and angry	2	1	0	
My judgement becomes impaired	2	1	0	
I am much more creative	2	1	0	
I am very distractible (moving rapidly from one task to another)	2	1	0	
I feel that I can achieve great things	2	1	0	
I talk more quickly	2	1	0	
I engage in risky activities (e.g. spend more than I can afford, sexual indiscretions, drive faster) that are out of character	2	1	0	
I feel that people can’t keep up with me	2	1	0	
Small arguments I have rapidly escalate	2	1	0	
Activities that are normally tiring for me are not experienced as tiring or fatiguing	2	1	0	
I do not feel tired despite sleep reduction	2	1	0	
I feel wired	2	1	0	
I am more impulsive	2	1	0	
I have multiple trains of thought at any one time	2	1	0	
I am aware of greater mental clarity	2	1	0	
I am 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

⑤ Length of your “highs” as a rule (on the average):

(Please mark ONE of the following)

- | | |
|-----------------------------------|---|
| <input type="checkbox"/> 1 day | <input type="checkbox"/> Longer than 1 week |
| <input type="checkbox"/> 2–3 days | <input type="checkbox"/> Longer than 1 month |
| <input type="checkbox"/> 4–7 days | <input type="checkbox"/> 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)