**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)

<table>
<thead>
<tr>
<th></th>
<th>Very true</th>
<th>Partly true</th>
<th>Not at all true</th>
</tr>
</thead>
</table>
   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?

<table>
<thead>
<tr>
<th></th>
<th>NO PROBLEM</th>
<th>MINOR PROBLEM</th>
<th>MODERATE PROBLEM</th>
<th>SERIOUS PROBLEM</th>
</tr>
</thead>
</table>
Length of your "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)