BECH-RAFAELSEN MANIA RATING SCALE (MRS)

LIST OF DEFINITIONS

1. ACTIVITY (MOTOR)
   0 - Normal motor activity, adequate facial expression.
   1 - Slightly increased motor activity, lively facial expression.
   2 - Somewhat excessive motor activity, lively gestures.
   3 - Outright excessive motor activity, on the move most of the time. Rises one or several times during interview.
   4 - Constantly active, restlesslly energetic. Even it urged, patient cannot sit still.

2. ACTIVITY (VERBAL)
   0 - Normal verbal activity.
   1 - Somewhat talkative.
   2 - Very talkative, no spontaneous intervals in the conversation.
   3 - Difficult to interrupt.
   4 - Impossible to interrupt, completely dominates conversation.

3. FLIGHT OF THOUGHTS
   0 - Cohesive speech, no flight of thoughts.
   1 - Lively descriptions, explanations and elaborations without losing connection with the topic of conversation. The speech is still cohesive.
   2 - Now and again it is difficult for the patient to stick to the topic, as the patient is distracted by random associations (often rhymes, clangs, puns, pieces of verse or music).
   3 - The line of thought is regularly disrupted by diversionary associations.
   4 - It is difficult to impossible to follow the patient's line of thought, as the patient constantly lumps from one topic subject to another.

4. VOICE/NOISE LEVEL
   0 - Natural volume of voice.
   1 - Speaks loudly without being noisy.
   2 - Voice discernible at a distance, and somewhat noisy.
   3 - Vociferous, voice discernible at a long distance, is noisy, singing.
   4 - Shouting, screaming, or using other sources of noise due to hoarseness.

5. HOSTILITY/DESTRUCTIVENESS
   0 - No signs of impatience or hostility.
   1 - Somewhat impatient or irritable, but control is maintained.
   2 - Markedly impatient or irritable. Provocation badly tolerated.
   3 - Provocative, makes threats, but can be calmed down.
   4 - Overt physical violence. Physically destructive.
6. MOOD (FEELINGS OF WELL-BEING)
   0 - Neutral mood.
   1 - Slightly elevated mood, optimistic, but still adapted to situation.
   2 - Moderately elevated mood, joking, laughing.
   3 - Markedly elevated mood, exuberant both in manner and speech.
   4 - Extremely elevated mood, quite irrelevant to situation.

7. SELF-ESTEEM
   0 - Normal self-esteem.
   1 - Slightly increased self-esteem, slightly boasting.
   2 - Moderately increased self-esteem, boasting; frequent use of superlatives.
   3 - Bragging, unrealistic ideas.
   4 - Grandiose ideas which cannot be corrected.

8. CONTACT
   0 - Normal contact.
   1 - Slightly meddling, putting his oar in.
   2 - Moderately meddling and arguing.
   3 - Dominating, arranging, directing, but still in context with the setting.
   4 - Extremely dominating and manipulating, without context with the setting.

9. SLEEP (AVERAGE OF LAST 3 NIGHTS)
   0 - Habitual duration of sleep.
   1 - Duration of sleep reduced by 25%.
   2 - Duration of sleep reduced by 50%.
   3 - Duration of sleep reduced by 75%.
   4 - No sleep.

10. SEXUAL INTEREST
    0 - Habitual sexual interest and activity.
    1 - Slight increase in sexual interest and activity.
    2 - Moderate increase in sexual interest and activity.
    3 - Marked increase in sexual interest and activity, as shown in manner and speech.
    4 - Completely and inadequately occupied by sexuality.
11. Work

A. At first rating of the patient

0 - Normal work activity.
1 - Slightly increased drive, but work quality is slightly reduced, as motivation is changing, and the patient somewhat distractible.
2 - Increased drive, but motivation clearly fluctuating. The patient has difficulties in judging own work quality and the quality is indeed lowered. Often quarrels at work.
3 - Work capacity clearly reduced, and from time to time the patient loses control; has to stop work and be sick-listed. If the patient is hospitalized, he can participate for some hours per day in ward activities.
4 - The patient is (or ought to be) hospitalized and unable to participate in ward activities.

B. At weekly ratings

0 - a) The patient has resumed work at his/her normal activity level.
   b) When the patient will have no trouble in resuming normal work.
1 - a) The patient is working, but the effort is somewhat reduced due to changing motivation.
   b) It is doubtful whether the patient can resume normal work on a full scale due to distractibility and changing motivation.
2 - a) The patient is working, but at a clearly reduced level (eg, due to episodes of nonattendance).
   b) The patient is still hospitalized or sick-listed. He is only able to resume work if special precautions are taken; close supervision and/or reduced time.
3 - The patient is still hospitalized or sick-listed and is unable to resume work. In hospital, he participated for some hours per day in ward activities.
4 - The patient is still fully hospitalized and generally unable to participate in ward activities.