

1. Altman Self-Rating Mania Scale

Each of the 5 items is scored from **0 (no symptoms)** to **4 (severe symptoms)**.

Range	Interpretation
0-5	No significance manic symptoms
6 or more	Possible presence of mania or hypomania

- **No significance mania symptoms:** Your responses on the Altman Self-Rating Mania Scale (ASRM) suggest that you are not currently experiencing clinically significant symptoms of mania or hypomania. Emotional energy, activity levels, sleep patterns, and impulsivity appear to be within a normal and stable range. At this time, there is no indication of elevated mood, excessive restlessness, rapid speech, or impulsive behaviors that would be associated with a manic episode. Your emotional state seems to be well-regulated, and your current functioning does not raise concern for mood elevation. However, if changes in your mood, energy, or behavior arise in the future—especially if they begin to feel overwhelming, erratic, or uncharacteristic—it may be helpful to consult a mental health professional for further evaluation.
- **Possible presence of mania or hypomania:** Your responses on the Altman Self-Rating Mania Scale (ASRM) suggest the possible presence of manic or hypomanic symptoms. This may include experiences such as elevated or irritable mood, increased activity or energy, reduced need for sleep, racing thoughts, impulsivity, or overconfidence. At this level, symptoms may interfere with concentration, decision-making, relationships, or daily functioning. While these experiences can sometimes feel energizing or productive, they may also lead to risky behaviors, conflict, or emotional exhaustion if not managed carefully. It is strongly recommended that you seek support from a qualified mental health professional. Early intervention can help you better understand your emotional experiences and provide strategies for managing symptoms effectively and safely.

Name of the test which is not mentioned in level 2

1. Dissociation
2. Suicidal ideation
3. Memory
4. Personality Functioning
5. Psychosis