



## The Bech-Rafaelsen Mania Scale (MAS)

No.	Symptom	Score	
1	Elevated mood	0-4	
2	Increased verbal activity	0-4	
3	Increased social contact (intrusiveness)	0-4	
4	Increased motor activity	0-4	
5	Sleep disturbances	0-4	
6	Social activities (distractibility)	0-4	
7	Hostility, irritable mood	0-4	
8	Increased sexual activity	0-4	
9	Increased self-esteem	0-4	
10	Flight of thoughts	0-4	
11	Noise level	0-4	
<b>Total score</b>		<b>0-44</b>	

Mania	MAS total score
Mild	15-20
Moderate	21-28
Severe	29-44