

“G.T. Mixed States Rating Scales”, or “G.T. MSRS”

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Self-administered rating scale -

Has there ever been a period of time during last three months when you frequently were and/or presented/felt ...

	Yes	Not
1) Hyperactivity (euphoria) quickly alternating with periods of psychomotor retardation (apathy)?
If Yes, for how many days/weeks?	
2) Depressed mood together with irritability and/or internal tenseness?
If Yes, for how many days/weeks?	
3) Substance abuse (alcohol and/ or drugs)?
If Yes, for how many days/weeks?	
4) Disorders of appetite?
If Yes, for how many days/weeks?	
5) A sense of despair and suicidal ideation?
6) Anhedonia and widespread apathy?
7) Delusions and hallucinations?
8) Hyper or hypo-sexual activity?
If Yes, for how many days/weeks?	
9) Insomnia (or sleep fragmentation) or hypersomnia?
If Yes, for how many days/weeks?	
10) Reduced ability to concentrate and mental overactivity?
If Yes, for how many days/weeks?	

Yes

Not

11) Gastrointestinal disorders (colitis, gastritis), headaches, and various somatic symptoms (muscular tenseness; tachicardia)?

If Yes, for how many days/weeks, and what of those symptoms?

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Additional points -

Could it be considered that, at the age of about 18-20 years (if you are more than 20 years old; if you are younger, please consider the answer as “during actual last years”), you were:
(choose only one of these three following answers)

- a person of very lively character-hyperactive and extremely cheerful ?
- or
- a person who always tended to be tense and irritable ?
- or
- a person always tended to be taciturn, solitary and melancholy, and also with anxiety symptoms (panic, phobia between persons, claustrophobia) ?

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“G.T. Mixed States Rating Scales” - Scores

- The “Additional Points” help to focus about the Temperaments of the patient (hyperthymic temperament for the first point; cyclothymic temperament for the second point; depressive-anxious temperament for the third point).

There is a Mixed states diagnosis if at least **two YES answers** are present ;

- Give *Double scores* in the points 1-2-3-4-8-9-10-11 if at least 50% of the month is involved;
- Level: Medium-light level of mixed state: from 2 to 6 scores;
- Level: Medium level of mixed state: from 7 to 12 scores;
- Level: High level of mixed state: from 13 to 19 scores.

The positive result following to “G.T. MSRS” will conduct to do a generic diagnosis for mixed states sub-types of bipolar spectrum disorders, following Akiskal’s scheme (The evolving bipolar spectrum: Prototypes I, II, III, IV. Psychiatr Clin North Am. 1999) or Tavormina’s scheme (A study of the incidence of bipolar spectrum disorders in a private psychiatric practice. Psychiatria Danubina 2007) for bipolar disorders.

The clinician will need of special care to do the correct sub-diagnosis of sub-group of mixed state.