

Rapid Mood Screener (RMS)

Are you among the millions of people who have depressive symptoms? Answer the following questionnaire about your medical history and provide it to your doctor or nurse to assist in an important conversation about your mood.

Please select one response for each question. You can complete the **RMS** in less than 2 minutes.

Patient Name _____ Date _____

YES NO

1. Have there been at least 6 different periods of time (at least 2 weeks) when you felt deeply depressed? YES NO

2. Did you have problems with depression before the age of 18? YES NO

3. Have you ever had to stop or change your antidepressant because it made you highly irritable or hyper? YES NO

4. Have you ever had a period of at least 1 week during which you were more talkative than normal with thoughts racing in your head? YES NO

5. Have you ever had a period of at least 1 week during which you felt any of the following: unusually happy; unusually outgoing; or unusually energetic? YES NO

6. Have you ever had a period of at least 1 week during which you needed much less sleep than usual? YES NO

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GUIDE FOR HEALTH CARE PROFESSIONALS

Approximately 70% of patients with bipolar I disorder (BP-I) are initially misdiagnosed, with a mean delay of 5 to 10 years between illness onset and diagnosis. Most commonly patients are misdiagnosed with major depressive disorder (MDD).^{1,2}

The Rapid Mood Screener (RMS) was developed by a team of multidisciplinary experts (primary care clinician, psychiatry nurse practitioner, psychiatrists, pharmacist, behavioral therapists, psychometricians and health economists) to provide a pragmatic approach to address the need for timely and accurate evaluation of bipolar disorder. The screener was validated in a study of patients with BP-I and MDD.³

Clinical Utility

The RMS is a brief self-report screening instrument for BP-I that should take less than 2 minutes to complete. A positive screen should be followed by a comprehensive evaluation.

Scoring & validity*

“YES” responses to 4 or more of the 6 items is considered a positive screen providing high confidence for BP-I, with an estimated 88% sensitivity, 80% specificity, and 84% accuracy

Sensitivity = percentage of patients who have BP-I disorder that are correctly identified as positive

Specificity = percentage of patients who do not have BP-I and who are correctly identified as negative

Accuracy = percentage of patients correctly predicted as BP-I or not

*“YES” to 3 or more of the 6 items also suggests a higher likelihood of BP-I than MDD with an estimated 97% sensitivity, 59% specificity, and 77% accuracy

1. Hirschfeld, RM et al. J Clin Psychiatry. 2003; 64(2):161-174.
2. Berk M, et al. J Affect Disord. 2007;103(1-3):181-186.
3. McIntyre RS, et al. Curr Med Res Opin. 2020 (in press).