THE MANIC DEPRESSIVENESS SCALE: A PRELIMINARY EFFORT AT REPLICATION AND EXTENSION

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Summary.—In a previous paper, an 18-item scale was presented to measure the extent to which a person had experienced symptoms resembling mania or clinical depression. There was evidence that, within a group of 37 bipolar persons, scores on this Manic Depressionness Scale correlated significantly positively with number of manic-depression-relevant medications currently being taken by the subject. In the present study, 24 subjects (9 unipolar depressives, 15 bipolar) were administered this scale, and aspects of their clinical history were taken. For the bipolar subjects only, scores on the scale correlated significantly with number of relevant medications ($r = .45, p < .05$, one-tailed), with number of hospitalizations ($r = .46, p < .05$), and with psychiatrist-rated severity of illness ($r = .45, p < .05$). Bipolar patients also scored significantly higher than did unipolar patients on the Manic Experience subscale. The Manic Depressionness Scale thus appears to have some predictive validity.

In a previous study (Thalbourne, Delin, & Bassett, 1994) a description was given of the construction and partial validation of a brief self-report scale to measure manic-depressive-like experience and behavior. First, two 9-item subscales were devised, one covering experience of symptoms like those of mania, the other, experience of depression. Because there was a positive correlation between these two subscales, they were then added to produce a Manic Depressionness Scale.

The results of several different analyses suggested that the new scales have some validity. In a comparison between students and manic-depressives, the former achieved a mean score significantly lower than the latter on both subscales and on the total scale. Moreover, for a subgroup of 37 manic-depressives, number of different manic-depression-relevant medications being taken by the subjects at the time correlated significantly and positively with scores on the Manic Depressionness Scale ($r = .49, p < .001$). [A similar significant correlation was found with the Depressive Experience subscale ($r = .40, p < .05$)].

It was the principal aim of this current investigation to replicate and extend this last finding, at least in a preliminary way. It was predicted that scores on these three scales (for bipolar but not necessarily unipolar subjects) would correlate positively with number of medications and also with four other direct or indirect measures of clinical history. It was also pre-

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APPENDIX

Manic Experience Subscale

2. On at least one occasion I thought that God had appointed me to an especially lofty or important mission of a religious or political nature.
4. I have gone for more than a day with much less sleep than I normally needed and yet still not been tired.
5. I have had times when I have been so touchy in a frustrating situation that I could (or did) “fly off the handle”.
7. My thoughts have sometimes come so quickly that I couldn’t write them all down fast enough.
10. I have been through times when it seemed almost unnecessary for me to eat.
11. My mind has sometimes been so full of different ideas that I couldn’t keep my attention on one topic for very long.
14. I have never had an experience where I believed that I was, literally, a famous figure, such as Jesus Christ. (reverse scored)
15. I have sometimes behaved in a much more impulsive or uninhibited way than is usual for me.
16. I have never been so engrossed in my inner thoughts and emotions that I neglected to wash or change my clothes. (reverse scored)

Depressive Experience Subscale

1. I have on at least one occasion worried unduly that I did not have enough money or was going to become poor.
3. I have on at least one occasion felt that there was no purpose in life—that the universe was entirely meaningless.
6. I have experienced being so sad that I just sat (or lay in bed) doing nothing but feeling bad.
8. On at least one occasion I have felt so discouraged about life that I wanted to commit suicide.
9. I have on at least one occasion felt so unworthy and sinful that I despaired of ever being good enough for the Creator.
12. I have experienced being so unhappy that I was convinced that I had a fatal illness such as cancer or AIDS, although I later discovered that I was perfectly healthy after all.
13. I have had lengthy periods of time when my desire for sex seemed to be virtually or completely absent.
17. I tend to sleep more when life is going badly.
18. I have in the past made active attempts to die.