

Hamilton Depression Rating Scale

1. Depressed Mood (sadness, hopelessness, helplessness, worthlessness)

- 0 = Absent
- 1 = These feeling states indicated only on questioning
- 2 = These feeling states spontaneously reported verbally
- 3 = Communicates feeling states nonverbally (i.e., facial expression, posture, voice, tendency to weep)
- 4 = Reports virtually only these feeling states in spontaneous verbal and nonverbal communication

2. Feelings of Guilt

- 0 = Absent
- 1 = Self-reproach, feels he/she has let people down
- 2 = Ideas of guilt or rumination over past errors or "sinful" deeds
- 3 = Present illness is a punishment; delusions of guilt
- 4 = Hears accusatory or denunciatory voices and/or experiences threatening visual hallucinations

3. Suicide

- 0 = Absent
- 1 = Feels life is not worth living
- 2 = Wishes he/she were dead or has any thoughts of possible death to self
- 3 = Suicidal ideas or gestures
- 4 = Attempts at suicide (any serious attempt rates "4")

4. Insomnia—Early

- 0 = No difficulty falling asleep
- 1 = Complains of occasional difficulty falling asleep (i.e., >1/2 hour)
- 2 = Complains of nightly difficulty falling asleep

5. Insomnia—Middle

- 0 = No difficulty
- 1 = Complains of being restless and disturbed during the night
- 2 = Wakes during the night—getting out of bed rates "2" (except for purposes of voiding)

6. Insomnia—Late

- 0 = No difficulty
- 1 = Wakes in early hours of the morning but falls back to sleep
- 2 = Unable to fall asleep again if he/she gets out of bed

12. Somatic Symptoms—Gastrointestinal

- 0 = None
- 1 = Loss of appetite, but eating; heavy feelings in abdomen
- 2 = Difficulty eating without urging; requests or requires laxatives or medication for bowels or medication for GI symptoms

13. Somatic Symptoms—General

- 0 = None
- 1 = Heaviness in limbs, back of head; backache, headache, muscle ache; loss of energy and fatigability
- 2 = Any clear-cut symptoms rate "2"

14. Genital Symptoms (i.e., loss of libido, menstrual disturbances)

- 0 = Absent
- 1 = Mild
- 2 = Severe

15. Hypochondriasis

- 0 = Not present
- 1 = Self-absorption (bodily)
- 2 = Preoccupation with health
- 3 = Frequent complaints, requests for help, etc.
- 4 = Hypochondriacal delusions

16. Weight Loss

- 0 = No weight loss
- 1 = Slight or doubtful weight loss
- 2 = Obvious or severe weight loss

7. Work and Activities

- 0 = No difficulty
- 1 = Thoughts and feelings of incapacity; fatigue or weakness related to activities, work or hobbies
- 2 = Loss of interest in activity, hobbies or work—either directly reported by patient or indirectly in listlessness, indecision and vacillation (feels he/she has to push self to work or for activities)
- 3 = Decrease in actual time spent in activities or decrease in productivity
- 4 = Stopped working because of present illness

8. Retardation (slowness of thought and speech; impaired ability to concentrate; decreased motor activity)

- 0 = Normal speech and thought
- 1 = Slight retardation at interview
- 2 = Obvious retardation at interview
- 3 = Interview difficult
- 4 = Complete stupor

9. Agitation

- 0 = None
- 1 = Fidgetiness
- 2 = "Playing with" hands, hair, etc.
- 3 = Moving about, can't sit still
- 4 = Hand wringing, nail biting, hair pulling, lip biting

10. Anxiety—Psychic

- 0 = No difficulty
- 1 = Subjective tension and irritability
- 2 = Worries about minor matters
- 3 = Apprehensive attitude apparent in face or speech
- 4 = Fears expressed without questioning

11. Anxiety—Somatic (physiological concomitants of anxiety such as gastrointestinal: dry mouth, flatulence, indigestion, diarrhea, cramps, belching; cardiovascular: palpitations, headaches; respiratory: hyperventilation, sighing; urinary frequency; sweating)

- 0 = Absent
- 1 = Mild
- 2 = Moderate
- 3 = Severe
- 4 = Incapacitating

17. Insight

- 0 = Acknowledges being depressed and ill
- 1 = Acknowledges illness but attributes cause to bad food, climate, overwork, virus, need for rest, etc.
- 2 = Denies being ill at all

18. Diurnal Variation

- 0 = No variation
- 1 = Mild: doubtful or slight variation
- 2 = Severe: clear or marked variation; if applicable, note whether symptoms are worse in AM or PM

19. Depersonalization and Derealization (feelings of unreality, nihilistic ideas)

- 0 = Absent
- 1 = Mild
- 2 = Moderate
- 3 = Severe
- 4 = Incapacitating

20. Paranoid Symptoms

- 0 = None
- 1 = Suspicious
- 2 = Ideas of reference
- 3 = Delusions of reference and persecution
- 4 = Paranoid hallucinations

21. Obsessive/Compulsive Symptoms

- 0 = Absent
- 1 = Mild
- 2 = Severe

Total HAM-D Score: _____