**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

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, indifferency and retardation (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 = Worry 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

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-description (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 modest weight loss
    - 2 = Devoid or severe weight loss

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: _________**