
HAMILTON DEPRESSION RATING SCALE (HAM-D)

(To be administered by a health care professional)

Patient Name _____

Today's Date _____

The HAM-D is designed to rate the severity of depression in patients. Although it contains 21 areas, calculate the patient's score on the first 17 answers.

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1. DEPRESSED MOOD

(Gloomy attitude, pessimism about the future, feeling of sadness, tendency to weep)

0 = Absent

1 = Sadness, etc.

2 = Occasional weeping

3 = Frequent weeping

4 = Extreme symptoms

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2. FEELINGS OF GUILT

0 = Absent

1 = Self-reproach, feels he/she has let people down

2 = Ideas of guilt

3 = Present illness is a punishment; delusions of guilt

4 = Hallucinations of guilt

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3. SUICIDE

0 = Absent

1 = Feels life is not worth living

2 = Wishes he/she were dead

3 = Suicidal ideas or gestures

4 = Attempts at suicide

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4. INSOMNIA - Initial

(Difficulty in falling asleep)

0 = Absent

1 = Occasional

2 = Frequent

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5. INSOMNIA - Middle

(Complains of being restless and disturbed during the night. Waking during the night.)

0 = Absent

1 = Occasional

2 = Frequent

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6. INSOMNIA - Delayed

(Waking in early hours of the morning and unable to fall asleep again)

0 = Absent

1 = Occasional

2 = Frequent

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7. WORK AND INTERESTS

0 = No difficulty

1 = Feelings of incapacity, listlessness, indecision and vacillation

2 = Loss of interest in hobbies, decreased social activities

3 = Productivity decreased

4 = Unable to work. Stopped working because of present illness only. (Absence from work after treatment or recovery may rate a lower score).

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8. RETARDATION

(Slowness of thought, speech, and activity; apathy; stupor.)

0 = Absent

1 = Slight retardation at interview

2 = Obvious retardation at interview

3 = Interview difficult

4 = Complete stupor

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9. AGITATION

(Restlessness associated with anxiety.)

0 = Absent

1 = Occasional

2 = Frequent

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10. ANXIETY - PSYCHIC

0 = No difficulty

1 = Tension and irritability

2 = Worrying about minor matters

3 = Apprehensive attitude

4 = Fears

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(To be administered by a health care professional)

- ☐ 11. **ANXIETY - SOMATIC**
Gastrointestinal, indigestion
Cardiovascular, palpitation, Headaches
Respiratory, Genito-urinary, etc.
0 = Absent
1 = Mild
2 = Moderate
3 = Severe
4 = Incapacitating
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- ☐ 12. **SOMATIC SYMPTOMS - GASTROINTESTINAL**
(Loss of appetite, heavy feeling in abdomen; constipation)
0 = Absent
1 = Mild
2 = Severe
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- ☐ 13. **SOMATIC SYMPTOMS - GENERAL**
(Heaviness in limbs, back or head; diffuse backache; loss of energy and fatigability)
0 = Absent
1 = Mild
2 = Severe
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- ☐ 14. **GENITAL SYMPTOMS**
(Loss of libido, menstrual disturbances)
0 = Absent
1 = Mild
2 = Severe
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- ☐ 15. **HYPOCHONDRIASIS**
0 = Not present
1 = Self-absorption (bodily)
2 = Preoccupation with health
3 = Querulous attitude
4 = Hypochondriacal delusions
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- ☐ 16. **WEIGHT LOSS**
0 = No weight loss
1 = Slight
2 = Obvious or severe
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- ☐ 17. **INSIGHT**
(Insight must be interpreted in terms of patient's understanding and background.)
0 = No loss
1 = Partial or doubtful loss
2 = Loss of insight

TOTAL ITEMS 1 TO 17: _____

0 - 7 = Normal
8 - 13 = Mild Depression
14-18 = Moderate Depression
19 - 22 = Severe Depression
≥ 23 = Very Severe Depression

- ☐ 18. **DIURNAL VARIATION**
(Symptoms worse in morning or evening. Note which it is.)
0 = No variation
1 = Mild variation; AM () PM ()
2 = Severe variation; AM () PM ()
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- ☐ 19. **DEPERSONALIZATION AND DEREALIZATION**
(feelings of unreality, nihilistic ideas)
0 = Absent
1 = Mild
2 = Moderate
3 = Severe
4 = Incapacitating
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- ☐ 20. **PARANOID SYMPTOMS**
(Not with a depressive quality)
0 = None
1 = Suspicious
2 = Ideas of reference
3 = Delusions of reference and persecution
4 = Hallucinations, persecutory
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- ☐ 21. **OBSessional SYMPTOMS**
(Obsessive thoughts and compulsions against which the patient struggles)
0 = Absent
1 = Mild
2 = Severe