

Hamilton Rating Scale for Depression (HAM-D)

To be administered by a healthcare professional.



Patient's Name: _____ Date of Assessment: ___/___/___

To rate the severity of depression in patients who are already diagnosed as depressed, administer this questionnaire. The HAM-D is designed for use in assessing the symptoms of depression. While the scale contains 21 variables, evaluation is based on the patient's score on the first 17 items.

A score of 11 is generally regarded as indicative of a diagnosis of depression. The higher the score the more severe the depression.

For each item, write the correct number on the line next to the item. (Only one response per item)

- _____ **1. DEPRESSED MOOD**
(Sadness, hopelessness, helplessness, worthlessness)
- 0 = Absent
 - 1 = These feeling states indicated only on questioning
 - 2 = These feeling states spontaneously reported
 - 3 = Communicates feeling states non-verbally—ie, through facial expression, posture, voice, and tendency to weep
 - 4 = Patient reports VIRTUALLY ONLY these feeling states in his spontaneous verbal and non-verbal communication

- _____ **2. FEELINGS OF GUILT**
- 0 = Absent
 - 1 = Self reproach, feels he 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 were dead or any thoughts of possible death to self
 - 3 = Suicidal ideas or gesture
 - 4 = Attempts at suicide (any serious attempt rates 4)

- _____ **4. INSOMNIA EARLY**
- 0 = No difficulty falling asleep
 - 1 = Complains of occasional difficulty falling asleep—ie, more than 1/2 hour
 - 2 = Complains of nightly difficulty falling asleep

- _____ **5. INSOMNIA MIDDLE**
- 0 = No difficulty falling asleep
 - 1 = Complains of being restless and disturbed during the night
 - 2 = Waking during the night—any getting out of bed rates 2 (except for purposes of voiding)

- _____ **6. INSOMNIA LATE**
- 0 = No difficulty
 - 1 = Waking in early hours of the morning but goes back to sleep
 - 2 = Unable to fall asleep again if he 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 indirect in listlessness, indecision, and vacillation (feels he has to push self to work or activities)
 - 3 = Decrease in actual time spent in activities or decrease in productivity
 - 4 = Stopped working because of present illness

- _____ **8. RETARDATION: PSYCHOMOTOR**
(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, biting of lips

- _____ **10. ANXIETY (PSYCHOLOGICAL)**
- 0 = No difficulty
 - 1 = Subjective tension and irritability
 - 2 = Worrying about minor matters
 - 3 = Apprehensive attitude apparent in face or speech
 - 4 = Fears expressed without questioning

11. ANXIETY (SOMATIC)

Physiological concomitants of anxiety (ie, effects of autonomic overactivity, "butterflies," indigestion, stomach cramps, belching, diarrhea, palpitations, hyperventilation, paresthesia, sweating, flushing, tremor, headache, urinary frequency). Avoid asking about possible medication side effects (ie, dry mouth, constipation)

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

12. SOMATIC SYMPTOMS (GASTROINTESTINAL)

- 0 = None
- 1 = Loss of appetite but eating without encouragement from others. Food intake about normal
- 2 = Difficulty eating without urging from others. Marked reduction of appetite and food intake

13. SOMATIC SYMPTOMS GENERAL

- 0 = None
- 1 = Heaviness in limbs, back, or head. Backaches, headache, muscle aches. Loss of energy and fatigability
- 2 = Any clear-cut symptom rates 2

14. GENITAL SYMPTOMS

(Symptoms such as: loss of libido, impaired sexual performance, 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. LOSS OF WEIGHT

A. When rating by history:

- 0 = No weight loss
- 1 = Probably weight loss associated with present illness
- 2 = Definite (according to patient) weight loss
- 3 = Not assessed

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

A. Note whether symptoms are worse in morning or evening. If NO diurnal variation, mark none

- 0 = No variation
- 1 = Worse in A.M.
- 2 = Worse in P.M.

B. When present, mark the severity of the variation. Mark "None" if NO variation

- 0 = None
- 1 = Mild
- 2 = Severe

19. DEPERSONALIZATION AND DEREALIZATION

(Such as: 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 = Delusion of reference and persecution

21. OBSESSIVE AND COMPULSIVE SYMPTOMS

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

TOTAL HAM-D SCORE: _____

Adapted from Hedlund JL, Vieweg BW. The Hamilton rating scale for depression. *J Oper Psychiatry*. 1979;10(2):149-165.

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