

# Hamilton Depression Rating Scale (HAM-D)

Name: \_\_\_\_\_

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.

(To be administered by a health care professional)

**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

**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

**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

**4. INSOMNIA - Initial** (Difficulty in falling asleep)

- 0 = Absent
- 1 = Occasional
- 2 = Frequent

**5. INSOMNIA - Middle** ((Complains of being restless and disturbed during the night. Waking during the night.)

- 0 = Absent
- 1 = Occasional
- 2 = Frequent

**6. INSOMNIA - Delayed** (Waking in early hours of the morning and unable to fall asleep again)

- 0 = Absent
- 1 = Occasional
- 2 = Frequent

**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).

**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

**9. AGITATION** (Restlessness associated with anxiety.)

- 0 = Absent
- 1 = Occasional
- 2 = Frequent

**10. ANXIETY - PSYCHIC**

- 0 = No difficulty
- 1 = Tension and irritability
- 2 = Worrying about minor matters
- 3 = Apprehensive attitude
- 4 = Fears

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**11. ANXIETY - SOMATIC** (Gastrointestinal, indigestion Cardiovascular, palpitation, Headaches Respiratory, Genito-urinary, etc.)

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

**12. SOMATIC SYMPTOMS - GASTROINTESTINAL** (Loss of appetite , heavy feeling in abdomen; constipation)

0 = Absent  
1 = Mild  
2 = Severe

**13. SOMATIC SYMPTOMS - GENERAL** (Heaviness in limbs, back or head; diffuse backache; loss of energy and fatiguability)

0 = Absent  
1 = Mild  
2 = Severe

**14. GENITAL SYMPTOMS** (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 = Querulous attitude  
4 = Hypochondriacal delusions

**16. WEIGHT LOSS**

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

**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 1  
9 - 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 ( )

**19. DEPERSONALIZATION AND DEREALIZATION** (feelings of unreality, nihilistic ideas)

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

**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

**21. OBSESSIVE SYMPTOMS** (Obsessive thoughts and compulsions against which the patient struggles)

0 = Absent  
1 = Mild  
2 = Severe