Hamilton Depression Rating Scale (HAM-D)

Name:	Date:
The HAM-D is designed to rate the severity of depression in pa	atients. Although it contains 21 areas, calculate the patient's
score on the first 17 answers.	anomo. Antinough it contains 21 arous, calculate the patients
(To be administered by a health care professional)	
1. DEPRESSED MOOD (Gloomy attitude,	6. INSOMNIA - Delayed (Waking in early hours of
pessimism about the future, feeling of sadness,	the morning and unable to fall asleep again)
tendency to weep)	
	0 = Absent
0 = Absent	1 = Occasional
1 = Sadness, etc.	2 = Frequent
2 = Occasional weeping	
3 = Frequent weeping	7. WORK AND INTERESTS
4 = Extreme symptoms	
	0 = No difficulty
2. FEELINGS OF GUILT	1 = Feelings of incapacity, listlessness, indecision
	and vacillation
0 = Absent	2 = Loss of interest in hobbies, decreased social
1 = Self-reproach, feels he/she has let people down	activities
2 = Ideas of guilt	3 = Productivity decreased
3 = Present illness is a punishment; delusions of	4 = Unable to work. Stopped working because of
guilt 4 = Hallucinations of guilt	present illness only. (Absence from work after
4 – Halluchiations of guilt	treatment or recovery may rate a lower score).
3. SUICIDE	8. RETARDATION (Slowness of thought, speech,
GI GOIGIDE	and activity; apathy; stupor.)
0 = Absent	and dearny, apamy, stapen,
1 = Feels life is not worth living	0 = Absent
2 = Wishes he/she were dead	1 = Slight retardation at interview
3 = Suicidal ideas or gestures	2 = Obvious retardation at interview
4 = Attempts at suicide	3 = Interview difficult
	4 = Complete stupor
4. INSOMNIA - Initial (Difficulty in falling asleep)	
	9. AGITATION (Restlessness associated with
0 = Absent	anxiety.)
1 = Occasional	
2 = Frequent	0 = Absent
	1 = Occasional
5. INSOMNIA - Middle ((Complains of being	2 = Frequent
restless and disturbed during the night. Waking	
during the night.)	10. ANXIETY - PSYCHIC
0 = Absent	0 = No difficulty
0 = Absenτ 1 = Occasional	1 = Tension and irritability
2 = Frequent	2 = Worrying about minor matters
Z – i requerit	3 = Apprehensive attitude
	4 = Fears

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Respiratory, Genito-urinary, etc.) 0 = Absent 1 = Mild 2 = Moderate 3 = Severe 4 = Incapacitating 12. SOMATIC SYMPTOMS - GASTROINTESTINAL (Loss of appetite , heavy feoling 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 defusions 1 = No loss 2 = Loss of insight 1 = Partial or doubtful loss 2 = Loss of insight 1 = Partial or doubtful loss 2 = Loss of insight 1 = Partial or doubtful loss 2 = Loss of insight 1 = Partial or doubtful loss 2 = Loss of insight 1 = Partial or doubtful loss 2 = Loss of insight 1 = Normal 8 - 13 = Mild Depression 14.18 = Midderate Depression 1 9 - 22 = Severe Depression 2 = No variation 1 = Mild Variation; AM () PM () 2 = Severe variation; AM () PM () 2 = Severe variation; AM () PM () 2 = Severe variation; AM () PM () 2 = Severe variation; AM () PM () 2 = Severe variation; AM () PM () 2 = Severe variation; AM () PM () 3 = Severe 4 = Incapacitating 1 = Mild 2 = Mild 2 = Severe 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 15. WEIGHT LOSS 0 = No weight loss 1 = Silght 1 = Mild 2 = Obvious or severe 1 = Absent 1 = Mild 2 = Severe	11. ANXIETY - SOMATIC (Gastrointestinal, indigestion Cardiovascular, palpitation, Headaches	17. INSIGHT (Insight must be interpreted in terms of patient's understanding and
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4 = Hypochondriacal delusions 21. OBSESSIONAL SYMPTOMS (Obsessive thoughts and compulsions against which the patient struggles) 0 = No weight loss 1 = Slight 0 = Absent 1 = Mild	• • • • • • • • • • • • • • • • • • • •	4 = Hallucinations, persecutory
21. OBSESSIONAL SYMPTOMS (Obsessive thoughts and compulsions against which the patient struggles) 0 = No weight loss 1 = Slight 0 = Absent 1 = Mild	3 = Querulous attitude	
thoughts and compulsions against which the patient struggles) 0 = No weight loss 1 = Slight thoughts and compulsions against which the patient struggles) 0 = Absent 1 = Mild	4 = Hypochondriacal delusions	
16. WEIGHT LOSS patient struggles) 0 = No weight loss 0 = Absent 1 = Slight 1 = Mild		
0 = No weight loss 0 = Absent 1 = Slight 1 = Mild	46 WEIGHT LOOP	·
1 = Slight 1 = Mild	16. WEIGHT LOSS	patient struggles)
1 = Slight 1 = Mild	0 - No weight loss	O. Alexand
	-	
	2 = Obvious or severe	1 = MIIIQ 2 = Severe

Reference: Hamilton M. A rating scale for depression. J Neurol Neurosurg Psychiatry 1960; 23:56-62

