

---

# 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.

---

- 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
-

# HAMILTON DEPRESSION RATING SCALE (HAM-D)

(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

- 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 fatigability)  
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  
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 ( )

- 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