
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
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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
-

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).
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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
-

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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■ **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

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