

# Hamilton Depression Rating Scale (HAM-D)

Record ID

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.)	<input type="radio"/> 0 = Absent <input type="radio"/> 1 = Slight retardation at interview <input type="radio"/> 2 = Obvious retardation at interview <input type="radio"/> 3 = Interview difficult <input type="radio"/> 4 = Complete stupor
9. AGITATION (Restlessness associated with anxiety.)	<input type="radio"/> 0 = Absent <input type="radio"/> 1 = Occasional <input type="radio"/> 2 = Frequent
10. ANXIETY - PSYCHIC	<input type="radio"/> 0 = No difficulty <input type="radio"/> 1 = Tension and irritability <input type="radio"/> 2 = Worrying about minor matters <input type="radio"/> 3 = Apprehensive attitude <input type="radio"/> 4 = Fears
11. ANXIETY - SOMATIC (Gastrointestinal, indigestion Cardiovascular, palpitation, Headaches Respiratory, Genito-urinary, etc.)	<input type="radio"/> 0 = Absent <input type="radio"/> 1 = Mild <input type="radio"/> 2 = Moderate <input type="radio"/> 3 = Severe <input type="radio"/> 4 = Incapacitating
12. SOMATIC SYMPTOMS - GASTROINTESTINAL (Loss of appetite, heavy feeling in abdomen; constipation)	<input type="radio"/> 0 = Absent <input type="radio"/> 1 = Mild <input type="radio"/> 2 = Severe
13. SOMATIC SYMPTOMS - GENERAL (Heaviness in limbs, back or head; diffuse backache; loss of energy and fatiguability)	<input type="radio"/> 0 = Absent <input type="radio"/> 1 = Mild <input type="radio"/> 2 = Severe
14. GENITAL SYMPTOMS (Loss of libido, menstrual disturbances)	<input type="radio"/> 0 = Absent <input type="radio"/> 1 = Mild <input type="radio"/> 2 = Severe
15. HYPOCHONDRIASIS	<input type="radio"/> 0 = Not present <input type="radio"/> 1 = Self-absorption (bodily) <input type="radio"/> 2 = Preoccupation with health <input type="radio"/> 3 = Querulous attitude <input type="radio"/> 4 = Hypochondriacal delusions
16. WEIGHT LOSS	<input type="radio"/> 0 = No weight loss <input type="radio"/> 1 = Slight <input type="radio"/> 2 = Obvious or severe
17. INSIGHT (Insight must be interpreted in terms of patient's understanding and background.)	<input type="radio"/> 0 = No loss <input type="radio"/> 1 = Partial or doubtful loss <input type="radio"/> 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

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18. DIURNAL VARIATION  
(Symptoms worse in morning or evening. Note which it is. )

- ☐ 0 = No variation  
☐ 1 = Mild variation  
☐ 2 = Severe variation

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Mild variation chosen. Symptoms worse AM or PM?

- ☐ AM  
☐ PM

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Severe variation chosen. Symptoms worse AM or PM?

- ☐ AM  
☐ PM

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

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

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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

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

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

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Hamilton, M: A rating scale for depression, Journal of Neurology, Neurosurgery, and Psychiatry 23:56-62, 1960