

The Hamilton Rating Scale for Depression (HAM-D)

Name or ID: _____

Date: _____

Instructions: For each item, select the one “cue” which best characterizes the patient.

1. Depressed Mood (*Sadness, hopeless, helpless, worthless*)

- 0 Absent
- 1 These feeling states indicated only on questioning
- 2 These feeling states spontaneously reported verbally
- 3 Communicates feeling states nonverbally—ie, through facial expression, posture, voice, and tendency to weep
- 4 Patient reports VIRTUALLY ONLY these feeling states in his/her spontaneous verbal and non-verbal communication

2. Feelings of Guilt

- 0 Absent
- 1 Self-reproach, feels he/she has let people down
- 2 Ideas of guilt or rumination over past errors or sinful deeds
- 3 Present illness is a punishment; delusions of guilt
- 4 Hears accusatory or denunciatory voices and/or experiences threatening visual hallucinations

3. Suicide

- 0 Absent
- 1 Feels life is not worth living
- 2 Wishes he/she were dead or any thoughts of possible death to self
- 3 Suicidal ideas or gestures
- 4 Attempts at suicide (*any serious attempt rates 4*)

4. Insomnia, Early

- 0 No difficulty falling asleep
- 1 Complains of occasional difficulty falling asleep—ie, more than 1/2 hour
- 2 Complains of nightly difficulty falling asleep

5. Insomnia, Middle

- 0 No difficulty
- 1 Patient complains of being restless and disturbed during the night
- 2 Waking during the night—any getting out of bed rates 2 (*except for purposes of voiding*)

6. Insomnia, Late

- 0 No difficulty
- 1 Waking in early hours of the morning but goes back to sleep
- 2 Unable to fall asleep again if he/she gets out of bed

7. Work and Activities

- 0 No difficulty
- 1 Thoughts and feelings of incapacity, fatigue or weakness related to activities, work, or hobbies
- 2 Loss of interest in activity, hobbies, or work—either directly reported by patient, or indirect in listlessness, indecision, and vacillation (*feels he/she has to push self to work or activities*)
- 3 Decrease in actual time spent in activities or decrease in productivity. In hospital, rate 3 if patient does not spend at least three hours a day in activities (*hospital job or hobbies*) exclusive of ward chores
- 4 Stopped working because of present illness. In hospital, rate 4 if patient engages in no activities except ward chores or if patient fails to perform ward chores unassisted

8. Retardation (*Slowness of thought and speech, impaired ability to concentrate, decreased motor activity*)

- 0 Normal speech and thought
- 1 Slight retardation at interview
- 2 Obvious retardation at interview
- 3 Interview difficult
- 4 Complete stupor

9. Agitation

- 0 None
- 1 Playing with hands, hair, etc.
- 2 Hand-wringing, nail-biting, hair-pulling, biting of lips

Adapted from Guy W. *ECDEU Assessment Manual of Psychopharmacology—Revised*. Rockville, MD: US Dept of Health, Education, and Welfare (DHEW), Public Health Service, Alcohol, Drug Abuse, and Mental Health Administration, NIMH Psychopharmacology Research Branch, Division of Extramural Research Programs, 1976. DHEW publication ADM 76-338.

10. Anxiety Psychic

- 0 No difficulty
- 1 Subjective tension and irritability
- 2 Worrying about minor matters
- 3 Apprehensive attitude apparent in face or speech
- 4 Fears expressed without questioning

11. Anxiety Somatic

Physiological concomitants of anxiety such as:
Gastrointestinal—*dry mouth, wind, indigestion, diarrhea, cramps, belching*
Cardiovascular—*palpitations, headaches*
Respiratory—*hyperventilation, sighing*
Urinary frequency
Sweating

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

12. Somatic Symptoms, Gastrointestinal

- 0 None
- 1 Loss of appetite but eating without staff encouragement; heavy feelings in abdomen
- 2 Difficulty eating without staff urging; requests or requires laxatives or medication for bowels or medication for G.I. symptoms

13. Somatic Symptoms, General

- 0 None
- 1 Heaviness in limbs, back, or head; backaches, headache, muscle aches; loss of energy and fatigability
- 2 Any clear-cut symptom rates 2

14. Genital Symptoms

Symptoms such as:
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 Frequent complaints, requests for help, etc.
- 4 Hypochondriacal delusions

16. Loss of Weight (Rate either A or B)

A. *When Rating by History:*

- 0 No weight loss
- 1 Probable weight loss associated with present illness
- 2 Definite (according to patient) weight loss
- 3 Not assessed

B. *On Weekly Ratings by Ward Psychiatrist, When Actual Weight Changes are Measured:*

- 0 Less than 1 lb. weight loss in week
- 1 Greater than 1 lb. weight loss in week
- 2 Greater than 2 lb. weight loss in week
- 3 Not assessed

17. Insight

- 0 Acknowledges being depressed and ill
- 1 Acknowledges illness but attributes cause to bad food, climate, overwork, virus, need for rest, etc.
- 2 Denies being ill at all

Total score: _____

This tool should be used to supplement, not to replace, clinical judgment.

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