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HAMILTON DEPRESSION RATING SCALE (HAM-D17)Br. J. Soc. Clin. Psychol. 6 : 278-296 (1967)

For each item write in the box the number that best characterises the patient during the past week

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 non-verbally i.e., through facial expression, posture, voice, and tendency to weep
- 4 Patient report VIRTUALLY ONLY these feeling states in his spontaneous verbal and non-verbal communication.

2 - FEELING OF GUILT

- 0 Absent.
- 1 Self reproach, feels he 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 were dead or any thoughts of possible death to self.
- 3 Suicide ideas or gesture.
- 4 Attempts at suicide (any serious attempt rates 4).

4 - INSOMNIA EARLY

- 0 No difficulty falling asleep.
- 1 Complains of occasional difficulty falling asleep - i.e., more than 1/2 hour.
- 2 Complains of nightly difficulty falling asleep.

5 - INSOMNIA MIDDLE

- 0 No difficulty
- 1 Patient's 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 gets out of bed.

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HAMILTON DEPRESSION RATING SCALE (Page 2)

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 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 Fidgetiness
- 2 Playing with hands, hair, etc. ☐
- 3 Moving about, can't sit still.
- 4 Hand wringing, nail biting, hair-pulling, biting of lips.

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 : - Gastro-intestinal : dry mouth, wind, indigestion, diarrhea, cramps, belching. - Cardio-vascular : palpitations, headaches. - Respiratory : hyperventilation, sighing. - Urinary frequency - Sweating.)

- 0 Absent
- 1 Mild. ☐
- 2 Moderate

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HAMILTON DEPRESSION RATING SCALE (Page 3.)**12 - SOMATIC SYMPTOMS GASTRO-INTESTINAL**

- 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 gastro-intestinal 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****A) When rating by history :**

- 0 No weight loss
- 1 Probable weight loss associated with present illness.
- 2 Definite (according to patient) weight loss.

☐**OR****B) On weekly rating by ward psychiatrist, when actual weight changes are measured :**

- 0 .Less than 1 lb (500 g), weight loss in week
- 1 Greater than 1lb (500 g), weight loss in week.
- 2 Greater than 2 lb (1000 g), weight loss in week.

☐**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

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