

The Hamilton Rating Scale for Depression (HAM-D)

Patient's Name _____

To be administered by clinician.

Date: _____

The HAM-D scale is designed for use in assessing the symptoms of patients with depression. While the scale contains 21 variables, evaluation of the severity of depressive symptoms is based on the patient's score on the first 17 items.

1. Depressed Mood (sadness, hopelessness, helplessness, worthlessness)

0= Absent

1 = These feeling states indicated only on questioning

2 = These feeling states reported verbally

3 = Communicates feeling states nonverbally (i.e., facial expression, posture, tendency to weep)

4 = Reports only these feeling states in spontaneous verbal and nonverbal 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 has 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 (i.e., >1/2 hour)

2 = Complains of nightly difficulty falling asleep

5. Insomnia - Middle

0= Absent

1 = No difficulty

2 = Complains of being restless and disturbed during the night

3 = Wakes during the night - getting out of bed rates "2" (except for purposes of voiding)

6. Insomnia - Late

0 = No difficulty

1 = Wakes in early hours of morning but falls back asleep

2 = Unable to fall asleep again if he/she gets out of bed

7. Work and Activities

0 = No difficulty

1 = Thoughts 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 indirectly in listlessness, indecision and vacillation (feels he/she has to push self to work or for activities)

3 = Decrease in actual time spent in activities or decrease in productivity

4= Stopped working because of present illness

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, lip biting

10. Anxiety - Psychic

0 = No difficulty

1 = Subjective tension and irritability

2 = Worries 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, flatulence, 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; heavy feeling in abdomen

2 = Difficulty eating without urging; requests or requires laxatives or medication for bowels or medication for GI symptoms

13. Somatic Symptoms - General

0 = None

1 = Heaviness in limbs, back of head; backache, headache, muscle ache; loss of energy and fatigue

2 = Any clear-cut symptoms rate "2"

14. Genital Symptoms (i.e., 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. Weight Loss

- 0 = No weight loss
- 1 = Slight or doubtful weight loss
- 2 = Obvious or severe weight loss

17. Insight

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

18. Diurnal Variation

- 0 = No variation
- 1 = Mild: doubtful or slight variation
- 2 = Severe: clear or marked variation; if applicable, note whether symptoms are worse in AM()or PM()

19. Depersonalization and Derealization (feelings of unreality, nihilistic ideas)

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

20. Paranoid Symptoms

- 0 = None
- 1 = Suspicious
- 2= Ideas of reference
- 3 = Delusions of reference or persecution
- 4= Paranoid hallucinations

21. Obsessive/Compulsive Symptoms

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

Total HAM-D Score:

The Hamilton Rating Scale for Depression, now known as the HAM-D Rating Scale, was designed for use in assessing the symptoms of patients diagnosed with depression. The scale was created by Max Hamilton, M.D., of the Department of Psychiatry, University of Leeds, England, in the 1960s.¹ It is intended as a guide for physicians to assess the severity of a patient's depressive symptoms.

While the scale contains 21 items, evaluation of the severity of depressive symptoms is based on the patient's scores on the first 17 items, with some items graded on a scale of 0 to 4 and others graded on a scale of 0 to 2. The form also includes four additional items: diurnal variation, derealization, paranoid symptoms, and obsessional symptoms.

The HAM-D scale is for use with patients already diagnosed as depressed. The clinician uses the HAM-D scale to quantify results of an interview; its value depends entirely upon the skills of the interviewer in eliciting the necessary information.

Score Interpretation (for the 17 item scale)

0-7	None/minimal depression
8-17	Mild
18-25	Moderate
26+	Severe

Ham-D Scoring:

0-Absent
1-Mild or trivial
2-Moderate
3-Moderate
4-Severe

0-Absent
1-Slight or doubtful
2-Clearly present