

# HAMILTON DEPRESSION RATING SCALE (HAM-D)

(To be administered by a health care professional)

Patient Name D. 27 y/o

Today's Date 12/2/25

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.

**2** 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** 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

**1** 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

**1** 4. **INSOMNIA - Initial**  
(Difficulty in falling asleep)  
0 = Absent  
1 = Occasional  
2 = Frequent

**1** 5. **INSOMNIA - Middle**  
(Complains of being restless and disturbed during the night. Waking during the night.)  
0 = Absent  
1 = Occasional  
2 = Frequent

**1** 6. **INSOMNIA - Delayed**  
(Waking in early hours of the morning and unable to fall asleep again)  
0 = Absent  
1 = Occasional  
2 = Frequent

**2** 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).

**0** 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

**1** 9. **AGITATION**  
(Restlessness associated with anxiety.)  
0 = Absent  
1 = Occasional  
2 = Frequent

**2** 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:** 14  
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