{Module Name} Module

Hamilton Psychiatric Rating Scale for Depression

Agency Name: _____ **Site Name:** _____

ID #: _____ **Date:** __ __ / __ __ / __ __ __ __

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

Absent ❑0

These feeling states indicated only on questioning ❑1

These feeling states spontaneously reported verbally ❑2

Communicates feeling states non-verbally, i.e., through facial expression, posture, voice, and tendency to weep ❑3

Patient reports virtually only these feeling states in his/her spontaneous verbal and non-verbal communication ❑4

2. Feelings of Guilt

Absent ❑0

Self reproach, feels he/she has let people down ❑1

Ideas of guilt or rumination over past errors or sinful deeds ❑2

Present illness is a punishment. Delusions of guilt ❑3

Hears accusatory or denunciatory voices and/or experiences threatening visual hallucinations ❑4

3. Suicide.
Any serious attempt rates 4

Absent ❑0
Feels life is not worth living ❑1
Wishes he/she were dead or any thoughts of possible death to self ❑2
Suicide ideas or gesture ❑3
Attempts at suicide ❑4

4. Insomnia Early

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

5. Insomnia Middle
Getting out of bed rates 2 (except for purposes of voiding).

No difficulty ❑0
Patient complains of being restless and disturbed during the night ❑1
Waking during the night ❑2

6. Insomnia Late

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

7. Work and Activities

No difficulty ❑0

Thoughts and feelings of incapacity, fatigue, or weakness related to activities, work or hobbies ❑1

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 activities) ❑2

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

Stopped working because of present illness ❑4

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

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

9. Agitation

None ❑0
Fidgetiness ❑1
"Playing with" hands, hair, etc. ❑2
Moving about, can't sit still ❑3
Hand wringing, nail-biting, hair-pulling, biting of lips ❑4

10. Anxiety Psychic

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

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)

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

12. Somatic Symptoms Gastrointestinal

None ❑0

Loss of appetite but eating. Heavy feeling in abdomen ❑1

Difficulty eating without urging. Requests or requires laxatives or medication for bowels or medication for G.I. symptoms ❑2

13. Somatic Symptoms General
Any clear-cut symptoms rates 2.

None ❑0

Heaviness in limbs, back of head. Backaches, headache, muscle aches. Loss of energy and fatigability ❑1

Clear-cut symptoms ❑2

14. Genital Symptoms *(such as loss of libido and menstrual disturbances)*

Absent ❑0
Mild ❑1
Severe ❑2

15. Hypochondriasis

Not present ❑0
Self-absorption (bodily) ❑1
Preoccupation with health ❑2
Frequent complaints, requests for help, etc. ❑3
Hypochondriacal delusions ❑4

16. Loss of weight

No weight loss ❑0
Slight or doubtful loss of weight ❑1
Obvious or severe loss of weight ❑2

17. Insight

Acknowledges being depressed and ill ❑0

Acknowledges illness but attributes cause to bad food, climate, over-work, virus, need for rest, etc. ❑1

Denies being ill at all ❑2

18a. Diurnal Variation

No variation ❑0
(Mild) Doubtful or slight variation ❑1
(Severe) Clear or marked variation ❑2

18b. If applicable, note whether the symptoms are worse in: a.m. ❑1 p.m. ❑2

19. Depersonalization and Derealization
(symptoms such as feelings of unreality and nihilistic ideas)

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

20. Paranoid Symptoms

None ❑0
Suspicious ❑1
Ideas of Reference ❑2
Delusions of reference and persecution ❑3
Paranoid hallucinations ❑4

21. Obsessional and Compulsive Symptoms

Absent ❑0
Mild ❑1
Severe ❑2

22. Helplessness

Not present ❑0
Subjective feelings which are elicited only by inquiry ❑1
Participant volunteers his helpless feelings ❑2
REQUIRES urging, guidance and reassurance to accomplish chores or personal hygiene ❑3
Despite urging, does not perform necessary chores or personal hygiene ❑4

23. Hopelessness

Not present ❑0

Intermittently doubts that "things will improve" but can be reassured ❑1

Consistently feels "hopeless" but accepts reassurances ❑2

Expresses feelings of discouragement, despair, pessimism about future, which cannot be dispelled ❑3

Spontaneously and inappropriately perseverates "I'll never get well," or its equivalent ❑4

24. Worthlessness

Not present ❑0
Indicates feelings of worthlessness (loss of self esteem) only on questioning ❑1
Spontaneously indicates feelings of worthlessness (loss of self esteem) ❑2
Different from 2 by degree: Participant volunteers that s/he is "no good," "inferior," etc. ❑3
Expresses feelings of total worthlessness—e.g., "I am a heap of garbage" or equivalent ❑4

25. Increased appetite

Not present ❑0
Mild to moderate increase in hunger ❑1
Hungry all the time ❑2

26. Weight gain

No weight gain ❑0
Probable weight gain associated with present illness ❑1
Definite (according to participant) weight gain ❑2

27. Hypersomnia

No difficulty ❑0

Frequently sleeps at least 1 hour or more (or spends 1 hour or more in bed) than when not depressed ❑1

Frequently sleeps at least 2 or more hours (or spends 2 or more hours in bed) than when not depressed ❑2

28. Social withdrawal

Interacts with other people as usual ❑0
Less interested in socializing with others but continues to do so ❑1
Interacting less with other people in social (optional) situations ❑2
Interacting less with other people in work or family (necessary) situations ❑3
Marked withdrawal from others in work or family (necessary) situations ❑4

Total Score: ___ ___

Scoring: The score is derived by summing the numerical response to each of the 28 topics. The maximum total score is 86.

For question 18, Diurnal Variation, if the subject's response to 18a is "no variation", then score both 18a and 18b as zero. If the subject's response to 18b is either 1) worse in a.m. or 2) worse in p.m., then ask 18a about severity of the variation and base subject's score for 18 on their response to 18a (i.e., either 1) mild or 2) severe). The maximum score for question 18 is 2.

Reference: Hamilton M. Rating scale for depression. J Neurology Neurosurgery and Psychiatry 1960; 23:56-61.