

## Hamilton Rating Scale for Depression

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
DOB: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
Health Care Provider: \_\_\_\_\_ Phone: \_\_\_\_\_

### Questions

- 1. Depressed Mood: Sadness, hopelessness, worthlessness**  
 Absent (0)       Indicated upon questioning (1)       Spontaneously reported (2)  
 Feeling communicated nonverbally (3)       Patient reports virtually only these feelings (4)
- 2. Feelings of Guilt**  
 Absent (0)       Self-reproach (1)       Guilt over past errors, sins or deeds (2)  
 Delusions of guilt (illness as punishment) (3)       Experiences accusatory voices/hallucinations (4)
- 3. Suicide**  
 Absent (0)       Feels life is not worth living (1)       Wishes for death (2)  
 Suicidal ideas or gestures (3)       Attempts at suicide (4)
- 4. Insomnia Early**  
 No difficulty falling asleep (0)       Occasional difficulty falling asleep (more than 1/2 hour) (1)  
 Nightly difficulty falling asleep (2)
- 5. Insomnia Middle**  
 No difficulty falling asleep (0)       Restless and disturbed throughout the night (1)  
 Frequent waking during the night/getting out of bed (2)
- 6. Insomnia Late**  
 No difficulty falling asleep (0)       Waking early but going back to sleep (1)  
 Unable to go back to sleep if he/she gets out of bed (2)
- 7. Work and Activities**  
 No difficulty (0)       Thoughts/feelings of incapacity/fatigue/weakness (1)       Loss of interest (2)  
 Decrease in time spent/productivity (3)       Stopped working because of present illness (4)
- 8. Retardation: Psychomotor Slowness of thought and speech; impaired ability to concentrate**  
 Normal speech/thought (0)       Slight retardation (1)       Obvious retardation (2)  
 Interview made difficult by retardation (3)       Complete stupor (4)
- 9. Agitation**  
 None (0)       Fidgetiness (1)       Picking with hands, hair, etc. (2)  
 Can't sit still (3)       Hand-wringing, nail-biting, lip-chewing, hair-pulling, etc. (4)
- 10. Anxiety (Psychological)**  
 No difficulty (0)       Subjective tension/irritability (1)       Worrying about minor matters (2)  
 Apprehensive attitude apparent in free speech (3)       Fears expressed without questioning (4)
- 11. Anxiety (Somatic) Concentrants of anxiety (indigestion, diarrhea, palpitations, headaches, sweating)**  
 Absent (0)       Mild (1)       Moderate (2)