

## Hamilton Rating Scale for Depression

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 OCC: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 Month/Year Provider: \_\_\_\_\_ Phone: \_\_\_\_\_

### Questions

1. **Depressed Mood: Sadness, hopelessness, worthlessness**  
 Absent (0)       Indicated upon questioning (1)       Spontaneously reported (2)  
 Feeling overwhelmed/overwhelmed (3)       Patient reports virtually only these feelings (4)
2. **Feelings of Guilt**  
 Absent (0)       Self-blame (1)       Guilt over past events, sins or deeds (2)  
 Delusions of guilt (offense or punishment) (3)       Experiences automatic remorse/feelings (4)
3. **Worth**  
 Absent (0)       Feels life is not worth living (1)       Wishes for death (2)  
 Suicide ideas or gestures (3)       Attempts at suicide (4)
4. **Insomnia Early**  
 No difficulty falling asleep (0)       Occasional difficulty falling asleep more than 1 hour (1)  
 Slightly 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 awake gets out of bed (2)
7. **Work and Activities**  
 No difficulty (0)       Thoughts/feelings of incapacity/loss of initiative (1)       Loss of interest (2)  
 Decrease in work/efficiency (3)       Stopped working because of present illness (4)
8. **Mentalization: Performance** Slowness of thought and speech, impaired ability to concentrate  
 Normal speech/thought (0)       Mild retardation (1)       Obvious retardation (2)  
 Interview made difficult by retardation (3)       Complete stupor (4)
9. **Agitation**  
 None (0)       Fidgetiness (1)       Flapping with hands, feet, etc. (2)  
 Can't sit still (3)       Head-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 discourse (3)       Fear expressed without questioning (4)
11. **Anxiety (Somatic)** Concentrations of anxiety (trepidation, stiffness, palpitation, headache, sweating)  
 Absent (0)       Mild (1)       Moderate (2)