

## HAMILTON DEPRESSION RATING SCALE

The total Hamilton Depression (HAM-D) Rating Scale provides an indication of depression and, over time, provides a valuable guide to progress.

- Classification of symptoms which may be difficult to obtain can be scored as:  
0 - absent; 1 - doubtful or trivial; 2 - present.
- Classification of symptoms where more detail can be obtained can be expanded to:  
0 - absent; 1 - mild; 2 - moderate; 3 - severe; 4 - incapacitating.
- In general the higher the total score the more severe the depression.
- HAM-D score level of depression:  
10 - 13 mild; 14-17 mild to moderate; >17 moderate to severe.

Assessment is recommended at two weekly intervals.

		Pre-treatment	1 <sup>st</sup> Follow-up	2 <sup>nd</sup> Follow-up
HAM-D Rating Scale Symptoms		Date	Date	Date
1	Depressed mood	0 1 2 3 4	0 1 2 3 4	0 1 2 3 4
2	Guilt feelings	0 1 2 3 4	0 1 2 3 4	0 1 2 3 4
3	Suicide	0 1 2 3 4	0 1 2 3 4	0 1 2 3 4
4	Insomnia - early	0 1 2	0 1 2	0 1 2
5	Insomnia - middle	0 1 2	0 1 2	0 1 2
6	Insomnia - late	0 1 2	0 1 2	0 1 2
7	Work and activities	0 1 2 3 4	0 1 2 3 4	0 1 2 3 4
8	Retardation - psychomotor	0 1 2 3 4	0 1 2 3 4	0 1 2 3 4
9	Agitation	0 1 2 3 4	0 1 2 3 4	0 1 2 3 4
10	Anxiety - psychological	0 1 2 3 4	0 1 2 3 4	0 1 2 3 4
11	Anxiety - somatic	0 1 2 3 4	0 1 2 3 4	0 1 2 3 4
12	Somatic symptoms GI	0 1 2	0 1 2	0 1 2
13	Somatic symptoms - General	0 1 2	0 1 2	0 1 2
14	Sexual dysfunction - menstrual disturbance	0 1 2	0 1 2	0 1 2
15	Hypochondrias	0 1 2 3 4	0 1 2 3 4	0 1 2 3 4
16	Weight loss by history	0 1 2	0 1 2	0 1 2
	- by scales	0 1 2	0 1 2	0 1 2
17	Insight	0 1 2	0 1 2	0 1 2

### TOTAL SCORE

Hamilton M. Development of a rating scale; for primary depressive illness. Br J Soc Clin Psychol. 1967 Dec;6(4):278-96. No permission is required to use this tool.