

Hamilton Depression Rating Scale (HDRS) (To be administered by a health care professional)

Patient Name _____

Today's Date _____

The HDRS is designed to rate the severity of depression in patients.

- 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. 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
- 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
- 4. INSOMNIA—Initial**
(Difficulty in falling asleep)
0 = Absent
1 = Occasional
2 = Frequent
- 5. INSOMNIA—Middle**
(Complains of being restless and disturbed during the night. Waking during the night.)
0 = Absent
1 = Occasional
2 = Frequent
- 6. INSOMNIA—Delayed**
(Waking in early hours of the morning and unable to fall asleep again)
0 = Absent
1 = Occasional
2 = Frequent
- 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).
- 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

- 9. AGITATION**
(Restlessness associated with anxiety)
0 = Absent
1 = Occasional
2 = Frequent
- 10. ANXIETY—PSYCHIC**
0 = No difficulty
1 = Tension and irritability
2 = Worrying about minor matters
3 = Apprehensive attitude
4 = Fears
- 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: _____

- 0–7 = Normal
8–13 = Mild Depression
14–18 = Moderate Depression
19–22 = Severe Depression
≥ 23 = Very Severe Depression