

Psychiatric University Hospital Zurich, Division of Clinical Psychiatry

HAMILTON DEPRESSION SCALE

H A M D

M. Hamilton

STUDY	[_ _ _ _]	1-4
GROUP	[_ _]	5-6
PATIENT	[_ _ _]	7-9
RATING DAY	[_ _ _]	10-12
CARD NUMBER	[_ _]	13-14
Sex (1=male, 2=female)	[_]	15
Birthday (dd.mm.yyyy)	[_ _ : _ _ : _ _ _ _]	16-23
Date of hospitalization (dd.mm.yyyy)	[_ _ : _ _ : _ _ _ _]	24-31
First diagnosis	[_ _ _ . _ _]	32-36
Second diagnosis	[_ _ _ . _ _]	37-41
Diagnostic system (1=ICD9, 2=ICD10, 3=DSM3-R, 4=DSM4)	[_]	42
Age at onset	[_ _]	43-44
Course (1=first manifestation, 2=intermittent, 3=progreident, 4=chronic)	[_]	45
Duration of Current Episode Prior to Hospitalization (days)	[_ _ _]	46-48
Medication Prior to Hospitalization (0=none, 1=antidepr., 2=neuroleptics, 3=other)	[_]	49
Current Medication (cf. list of codes)	[_ _ _]	50-52
Educational level (1=remedial, 2=junior high, 3=high, 4=college)	[_]	53
DATE (dd.mm.yyyy)	[_ _ : _ _ : _ _ _ _]	54-61
INTERVIEWER	[_ _ _]	62-64
HOSPITAL	[_ _]	65-66
PATIENT ID (the hospital's internal PID)	[_ _ _ _ _ _ _ _ _ _]	67-78



- 0 Card number** [_ _] 13-14
- 1 Depressed mood** [_] 15
 Feelings of sadness, hopelessness, helplessness, worthlessness
 (0=absent, 1=these feeling states indicated only on questioning, 2=these feeling states spontaneously reported verbally, 3=communicates feeling states non-verbally—i.e. through facial expression, posture, voice, and tendency to weep, 4=patient reports virtually only these feeling states in his spontaneous verbal and non-verbal communication)
- 2 Feelings of guilt** [_] 16
 (0=absent, 1=self-reproach, feels he has let people down, 2=ideas of guilt or rumination over past errors or sinful deeds, 3=present illness is a punishment, delusion of guilt, 4=hears accusatory or denunciatory voices and/or experiences threatening visual hallucinations)
- 3 Suicide** [_] 17
 (0=absent, 1=feels life is not worth living, 2=wishes he were dead or any thoughts of possible death to self, 3=suicide ideas or gestures, 4=attempts of suicide — any serious attempts rate 4)
- 4 Insomnia early** [_] 18
 (0=no difficulty falling asleep, 1=complains of occasional difficulty falling asleep — i.e., more than half an hour, 2=complains of nightly difficulty falling asleep)
- 5 Insomnia middle** [_] 19
 (0=no difficulty, 1=patient complains of being restless and disturbed during the night, 2=waking during the night — any getting out of bed rates 2, except for purposes of voiding)
- 6 Insomnia late** [_] 20
 (0=no difficulty, 1=waking in early hours of the morning but goes back to sleep, 2=unable to fall asleep again if he gets out of bed)
- 7 Work and activities** [_] 21
 (0=no difficulty, 1=thoughts and feelings of incapacity, fatigue or weakness related to activities, work or hobbies, 2=loss of interest in activity; hobbies or work — either directly reported by the patient, or indirect in listlessness, indecision and vacillation (he feels he has to push self to work or activities), 3=decrease in actual time spent in activities or decrease in productivity. In hospital rate 3 if patient does not spend at least three hours a day in activities (hospital job or hobbies) exclusive of ward chores, 4=stopped working because of present illness. In hospital rate 4 if patient engages in no activities except ward chores, or if patient fails to perform ward chores unassisted)
- 8 Retardation** [_] 22
 Slowness of thought and speech; impaired ability to concentrate; decreased motor activity
 (0=normal speech and thought, 1=obvious retardation at interview, 2=interview difficult, 3=complete stupor, 4=interview impossible)
- 9 Agitation** [_] 23
 (0=none, 1=fidgetiness, 2=playing with hands, hair etc., 3=moving about, can't sit still, 4=hand wringing, nail biting, hair-pulling, biting of lips)

- 10 Anxiety psychic** [_] 24
(0=no difficulty, 1=subjective tension and irritability, 2=worrying about minor matters, 3=apprehensive attitude apparent in face or speech, 4=fears expressed without questioning)
- 11 Anxiety somatic** [_] 25
Physiological concomitants of anxiety, such as: Gastro-intestinal: dry mouth, wind, indigestion, diarrhea, cramps, belching; Cardio-vascular: palpitations, headaches; Respiratory: hyperventilation, sighing; Urinary frequency; Sweating.
(0=absent, 1=mild, 2=moderate, 3=severe, 4=incapacitating)
- 12 Somatic symptoms gastrointestinal** [_] 26
(0=none, 1=loss of appetite but eating without staff encouragement. Heavy feelings in abdomen, 2=difficulty eating without staff urging, requests or requires laxatives or medications for bowels or medication for G.I. symptoms)
- 13 Somatic symptoms general** [_] 27
(0=none, 1=heaviness in limbs, back or head, backaches, headache, muscle aches, loss of energy and fatigability, 2=any clear-cut symptom rates 2)
- 14 Sexual symptoms** [_] 28
Symptoms such as loss of libido, menstrual disturbances:
(0=absent, 1=mild, 2=severe)
- 15 Hypochondriasis** [_] 29
(0=not present, 1=self-absorption (bodily), 2=preoccupation with health, 3=frequent complaints, requests for help, etc., 4=hypochondriacal delusions)
- 16 Insight** [_] 30
(0=acknowledges being depressed and ill, 1=acknowledges illness but attributes cause to bad food, climate, overwork, virus, need for rest, etc; 2=severe)
- 17 Loss of weight** [_] 31
(0=no weight loss, 1=probable weight loss associated with present illness, 2=definite [according to patient] weight loss)
- 18 Diurnal variation** [_] 32
Note eventually whether symptoms are worse in morning or evening.
(0=no variation, 1=mild, 2=severe)
- 19 Depersonalization and derealization** [_] 33
such as: feelings of unreality, nihilistic ideas.
(0=absent, 1=mild, 2=moderate, 3=severe, 4=incapacitating)
- 20 Paranoid symptoms** [_] 34
(0=none, 1=suspicious, 2=ideas of reference, 3=delusions of reference and persecution, 4=delusions and hallucinations)

- 21 Obsessional and compulsive symptoms** [_] 35
An anxiety disorder characterized by repetitive actions (compulsions) in order to impede the occurrence of stereotyped and anxiogenic thoughts (obsessions).
(0=absent, 1=mild, 2=severe)
- 22 Helplessness in daily life** [_] 36
(0=absent, 1=admitted by patient when explicitly asked, 2=spontaneously admitted by patient, 3=asks insistingly for external support with daily living, 4=definitely needs external help with daily living: hygiene, dressing, meals, etc)
- 23 Pessimism and hopelessness** [_] 37
(0=absent, 1=worries at times about recovery but can be positively influenced, 2=continuously feels hopeless but accepts encouragements, 3=communicates feelings of discouragement, desperation and pessimism that cannot be influenced, 4=continuously repeats phrases like “I will never recover again”)
- 24 Feelings of worthlessness** [_] 38
Covers the full range from a slight reduction in self esteem to inferiority feelings and delusional statements of insufficiency.
(0=absent, 1=admitted by patient when explicitly asked, 2=spontaneously admitted by patient, 3=believes to be a burden for family, friends and peers because of own worthlessness, 4=delusional statements of worthlessness)