



## UNC CFAR Social and Behavioral Science Research Core SABI Database

**INSTRUMENT TITLE:** Hamilton Depression Rating Scale (HDRS)

**SOURCE ARTICLE:** Hamilton, M. (1960). A Rating Scale for Depression. *J Neurol Neurosurg Psychiatry*, 23: 56-62.

**RESPONSE OPTIONS:** The variables are measured either on five-point or three-point scales, the latter being used where quantification of the variable is either difficult or impossible. No distinction is made between intensity and frequency of symptom, the rater having to give due weight to both of them in making his judgment.

0-4 scale: 0= absent, 1= mild or trivial, 2&3= moderate, 4= severe

0-2 scale: 0= absent, 1= slightly or doubtful, 2=clearly present

**SURVEY ITEMS:**

**DEPRESSED MOOD** (gloomy attitude, pessimism about the future, feeling of sadness, tendency to weep): (0-4)

- 1- sadness, etc.
- 2- occasional weeping
- 3- frequent weeping
- 4- extreme symptoms

**GUILT:** (0-4)

- | Self-reproach, feels he has let people down
- | Ideas of guilt
- | Present illness is a punishment.
- | Delusions of guilt.
- ▼ Hallucinations of guilt

**SUICIDE:** (0-4)

- | Feels life is not worth living
- | Wishes he were dead
- | Suicidal ideas
- ▼ Attempts at suicide

**TERMS OF USE:**

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INSOMNIA, INITIAL (difficulty in falling asleep): (0-2)

INSOMNIA, MIDDLE (patient restless and disturbed during the night): (0-2)

INSOMNIA, DELAYED (waking in early hours of the morning and unable to fall sleep again):  
(0-2)

WORK AND INTERESTS: (0-4)

Feelings of incapacity

Listlessness, indecision, and vacillation

Loss of interest in hobbies

Decreased social activities

Productivity decreased

Unable to work

Stopped working because of present illness only.....4

(Absence from work after treatment or recovery may rate a lower score.)

RETARDATION: (0-4)

Slowness of thought, speech, and activity

Apathy

Stupor

1- Slight retardation at interview

2- Obvious retardation at interview

3- Interview difficult

4- Complete stupor

AGITATION: (0-2)

Restlessness associated with anxiety

ANXIETY, PSYCHIC: (0-4)

Tension and irritability

Worrying about minor matters

Apprehensive attitude

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### Fears

#### ANXIETY, SOMATIC: (0-2)

Gastrointestinal, wind, indigestion  
Cardiovascular, palpitations, headaches  
Respiratory, genito-urinary, etc.

#### SOMATIC SYMPTOMS, GASTROINTESTINAL: (0-2)

Loss of appetite  
Heavy feelings in abdomen  
Constipation

#### SOMATIC SYMPTOMS, GENERAL:

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

GENITAL SYMPTOMS (such as loss of libido, impaired sexual performance, menstrual disturbances):

0- Absent

1- Mild

2- Severe

#### HYPOCHONDRIASIS:

0- Not present

1- Self-absorption (bodily)

2- Preoccupation with health

3- Frequent complaints, requests for help, etc.

4- Hypochondriacal delusion

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### LOSS OF INSIGHT

- 0- Acknowledges being depressed and ill
- 1- Acknowledges illness but attributes cause to bad food, climate, over-work, virus, need for rest, etc.
- 2- Denies being ill at all

### LOSS OF WEIGHT:

- A. When rating by history:
  - 0- No weight loss
  - 1- Probable weight loss associated with present illness
  - 2- Definite (according to patient) weight loss
  - 3- Not assessed

### DIURNAL VARIATION:

- A. Note whether symptoms are worse in morning or evening. if NO diurnal variation mark none:
  - 0- No variation OR not currently depressed
  - 1- Worse in A.M.
  - 2- Worse in P.M.
- B. When present, mark the severity of the variation:
  - 0- None
  - 1- Mild
  - 2- Severe

### DEPERSONALIZATION, ETC. (such as feelings of unreality and nihilistic ideas):

- 0- Absent
- 1- Mild
- 2- Moderate
- 3- Severe
- 4- Incapacitating

### PARANOID SYMPTOMS:

- 0- None

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- 1- Suspicious
- 2- Moderate
- 3- Severe
- 4- Incapacitating

### OBSESSIVE SYMPTOMS:

- 0- Absent
- 1- Mild
- 2- Severe

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