

Appendix 1: Hamilton Depression Rating Scale

Reproduced from: Hamilton M. Hamilton Depression Rating Scale (HDRS). *J Neuro Neurosurg Psychiatry*. 1960;23:56-62

Patient Name: _____ Date: (dd/mm/yy) ____ / ____ / ____ Rater: _____

1. Depressed Mood

- 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. Work and Activities

- 0. No difficulty
- 1. Thoughts and feelings of incapacity, fatigue or weakness related to activities; work or hobbies.
- 2. Loss of interest in activities; hobbies or work-either directly reported by patient, or indirect in listlessness, indecision and vacillation (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.

3. Genital Symptoms

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

4. Somatic Symptoms – GI

- 0. None.
- 1. Loss of appetite but eating without staff encouragement. Heavy feelings in the abdomen.
- 2. Difficulty eating without staff urging. Requests or requires laxatives or medication for bowels or medication for GI symptoms.

5. Loss of Weight

- 0. No weight loss.
- 1. Probable weight loss associated with present illness.
- 2. Definite (according to patient) weight loss.

6. Insomnia – Early

- 0. No difficulty falling asleep.
- 1. Complains of occasional difficulty falling asleep, i.e. more than ½ hour.
- 2. Complains of nightly difficulty falling asleep.

7. Insomnia – Middle

- 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).

8. Insomnia – Late

- 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.

9. Somatic Symptoms

- 0. None.
- 1. Heaviness in limbs, back or head. Backaches, headache, muscle aches. Loss of energy and fatigability.
- 2. Any clear-cut symptoms rates 2.

10. Feelings of Guilt

- 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. Delusions of guilt.
- 4. Hears accusatory or denunciatory voices and/or experiences threatening visual hallucinations.

11. Suicide

- 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 at suicide.

12. Anxiety – Psychic

- 0. No difficulty.
- 1. Subjective tension and irritability.
- 2. Worrying about minor matters.
- 3. Apprehensive attitude apparent in face or speech.

13. Anxiety - Somatic

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

14. Hypochondriasis

- 0. Not present.
- 1. Self-absorption (bodily).
- 2. Preoccupation with health.
- 3. Frequent complaints, requests for help, etc.
- 4. Hypochondriacal delusions.

15. 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.

16. Motor Retardation

- 0. Normal speech and thought.
- 1. Slight retardation at interview.
- 2. Obvious retardation at interview.
- 3. Interview difficult
- 4. Complete stupor.

17. Agitation

- 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.

17-item HDRS TOTAL: ____

Score of 0-7: within normal or in clinical remission

Score of 20 or above: at least moderate severity and usually required medication

P/s: Please cover the score and the interpretation when administer this questionnaire.