
THE HAMILTON RATING SCALE FOR DEPRESSION

(to be administered by a health care professional)

Patient's Name _____

Date of Assessment _____

To rate the severity of depression in patients who are already diagnosed as depressed, administer this questionnaire. The higher the score, the more severe the depression.

For each item, write the correct number on the line next to the item. (Only one response per item)

- _____ 1. **DEPRESSED MOOD** (Sadness, hopeless, helpless, worthless)
- 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**
- 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
- _____ 3. **SUICIDE**
- 0= Absent
 - 1= Feels life is not worth living
 - 2= Wishes he were dead or any thoughts of possible death to self
 - 3= Suicidal ideas or gesture
 - 4= Attempts at suicide (any serious attempt rates 4)
- _____ 4. **INSOMNIA EARLY**
- 0= No difficulty falling asleep
 - 1= Complains of occasional difficulty falling asleep—i.e., more than 1/2 hour
 - 2= Complains of nightly difficulty falling asleep
- _____ 5. **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)

6. 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

7. 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 activity; 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

4= Stopped working because of present illness

8. RETARDATION: PSYCHOMOTOR (Slowness of thought and speech; impaired ability to concentrate; decreased motor activity)

0= Normal speech and thought

1= Slight retardation at interview

2= Obvious retardation at interview

3= Interview difficult

4= Complete stupor

9. 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

10. ANXIETY (PSYCHOLOGICAL)

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: Physiological concomitants of anxiety, (i.e., effects of autonomic overactivity, "butterflies," indigestion, stomach cramps, belching, diarrhea, palpitations, hyperventilation, paresthesia, sweating, flushing, tremor, headache, urinary frequency). Avoid asking about possible medication side effects (i.e., dry mouth, constipation)

0= Absent

1= Mild

2= Moderate

3= Severe

4= Incapacitating

12. SOMATIC SYMPTOMS (GASTROINTESTINAL)

_____ 0= None

1= Loss of appetite but eating without encouragement from others. Food intake about normal

2= Difficulty eating without urging from others. Marked reduction of appetite and food intake

13. 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

14. GENITAL SYMPTOMS (Symptoms such as: loss of libido; impaired sexual performance; menstrual disturbances)

_____ 0= Absent

1= Mild

2= Severe

15. HYPOCHONDRIASIS

_____ 0= Not present

1= Self-absorption (bodily)

2= Preoccupation with health

3= Frequent complaints, requests for help, etc.

4= Hypochondriacal delusions

16. LOSS OF WEIGHT

_____ A. When rating by history:

0= No weight loss

1= Probably weight loss associated with present illness

2= Definite (according to patient) weight loss

3= Not assessed

17. INSIGHT

_____ 0= Acknowledges being depressed and ill

1= Acknowledges illness but attributes cause to bad food, climate, overwork, virus, need for rest, etc.

2= Denies being ill at all

18. DIURNAL VARIATION

_____ A. Note whether symptoms are worse in morning or evening. If NO diurnal variation, mark none

0= No variation

1= Worse in A.M.

2= Worse in P.M.

_____ B. When present, mark the severity of the variation. Mark "None" if NO variation

0= None

1= Mild

2= Severe

19. DEPERSONALIZATION AND DEREALIZATION (Such as: Feelings of unreality;
Nihilistic ideas)

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

20. PARANOID SYMPTOMS

- _____
- 0= None
 - 1= Suspicious
 - 2= Ideas of reference
 - 3= Delusions of reference and persecution

21. OBSESSIVE AND COMPULSIVE SYMPTOMS

- _____
- 0= Absent
 - 1= Mild
 - 2= Severe

Total Score _____

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ZUNG DEPRESSION SCALE

Tanggal: _____

Mohon baca dengan teliti setiap pernyataan dan tentukan seberapa sering pernyataan tersebut menggambarkan bagaimana perasaan selama **2 minggu** ini. Isi setiap pernyataan yang tertera.

Isi dengan (√) pada setiap kolom frekuensi yang sesuai	Jarang	Kadang-kadang	Cukup sering	Seringkali	Nilai
1. Saya merasa sedih dan murung					
2. Saya merasa paling baik pada pagi hari (merasa segar di pagi hari)					
3. Saya bisa menangis mendadak atau menjadi mudah menangis					
4. Saya punya masalah tidur di malam hari					
5. Nafsu makan saya sebaik dulu					
6. Saya masih bisa menikmati aktifitas seksual					
7. Saya mengalami penurunan berat badan					
8. Saya punya masalah konstipasi					
9. Jantung saya berdebar lebih cepat dibanding biasanya					
10. Saya merasa lelah tanpa sebab					
11. Pikiran saya jernih seperti biasanya					
12. Saya mudah untuk melakukan hal-hal yang biasa saya lakukan					
13. Saya merasa gelisah dan tidak bisa diam					
14. Saya merasa masa depan saya baik					
15. Saya lebih mudah tersinggung dibanding biasanya					
16. Mudah bagi saya untuk menentukan keputusan					
17. Saya merasa berguna dan dibutuhkan					
18. Hidup saya cukup berwarna					
19. Saya pikir orang lain akan merasa lebih baik jika saya mati					
20. Saya masih menikmati hal-hal yang biasa saya lakukan					

Panduan Pengisian: 1) Lihat skor sesuai kolom pada setiap pernyataan yang anda jawab. 2) Tuliskan nilai dari setiap jawaban anda di kolom "Nilai". 3) Jumlahkan semua nilai yang anda dapatkan dari menjawab seluruh (20) pertanyaan.

Isi dengan (v) pada setiap kolom frekuensi yang sesuai	Jarang	Kadang-kadang	Cukup sering	Seringkali
1. Saya merasa sedih dan murung	1	2	3	4
2. Saya merasa paling baik pada pagi hari (merasa segar di pagi hari)	4	3	2	1
3. Saya bisa menangis mendadak atau menjadi mudah menangis	1	2	3	4
4. Saya punya masalah tidur di malam hari	1	2	3	4
5. Nafsu makan saya sebaik dulu	4	3	2	1
6. Saya masih bisa menikmati aktivitas seksual	4	3	2	1
7. Saya mengalami penurunan berat badan	1	2	3	4
8. Saya punya masalah konstipasi	1	2	3	4
9. Jantung saya berdebar lebih cepat dibanding biasanya	1	2	3	4
10. Saya merasa lelah tanpa sebab	1	2	3	4
11. Pikiran saya jernih seperti biasanya	4	3	2	1
12. Saya mudah untuk melakukan hal-hal yang biasa saya lakukan	4	3	2	1
13. Saya merasa gelisah dan tidak bisa diam	1	2	3	4
14. Saya merasa masa depan saya baik	4	3	2	1
15. Saya lebih mudah tersinggung dibanding biasanya	1	2	3	4
16. Mudah bagi saya untuk menentukan keputusan	4	3	2	1
17. Saya merasa berguna dan dibutuhkan	4	3	2	1
18. Hidup saya cukup berwarna	4	3	2	1
19. Saya pikir orang lain akan merasa lebih baik jika saya mati	1	2	3	4
20. Saya masih menikmati hal-hal yang biasa saya lakukan	4	3	2	1

Interpretasi Nilai :

50-69 : Kebanyakan orang yang depresi skornya berkisar di angka ini

>70 : Depresi berat (maksimal 80)

Bila nilai anda menunjukkan adanya depresi, periksakan diri anda ke dokter/Psikiater untuk dilakukan evaluasi dan penanganan lebih lanjut. Bawa hasil test ini pada saat pemeriksaan.

Adapted from: Zung, W.W. (1965). A Self-Rating Depression Scale. *Archives of General Psychiatry*, 12: 63-70.

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