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
   (Complaints 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 fatiguability)
    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