Patient Assessment Scales

1. Hamilton Rating Scale for Depression (HAM-D7): A Brief Depression Scale
2. Mood Disorders Questionnaire (MDQ)
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Patient Assessment Scales

Hamilton Rating Scale for Depression (HAM-D7):
A Brief Depression Scale

HAM-D is the most frequently used scale in clinical research

*Hamilton Rating Scale for Depression exists as a 17-item (HAM-D17) and a 21-item observer-rated scale for assessment of depressive symptoms*

HAM-D7: Developed to:
- Estimate depression symptom severity based on DSM-IV MDD criteria
- Establish and compare the efficacy of antidepressant treatment
- Distinguish a clinical response to treatment from full symptomatic remission

Scoring:
A score of ≤ 3 (out of potential 26) would define a full remission of symptoms
A score of ≥ 4 (out of potential 26) would indicate insufficient response to antidepressant therapy

Mood Disorders Questionnaire (MDQ):
A Screening Tool for Bipolar Spectrum Disorder

Mood Disorders Questionnaire (MDQ) has been demonstrated to be an effective instrument in diagnosing bipolar disorder

Has consists of 13 “yes”/“no” items derived from both the diagnostic categories of the DSM-IV and clinical experience

Is a self-report, single-page, paper-and-pencil screening tool

Scored by a physician, nurse, or any trained healthcare professional

Used to screen for a lifetime history of a manic or hypomanic syndrome

“Yes” and “no” question asks whether several of any reported manic or hypomanic symptoms or behaviour were experienced during the same period of time

A 4-point scale ("no problem" to “serious problem”) is used to determine the level of functional impairment due to the experienced symptoms

Scoring:
A score of ≥ 7 items indicates a bipolar spectrum disorder

Just used the last page of your Psychiatric Rating Scales, HAM-D7 and MDQ?

Would you like more?

Please call 1-800-####, and we will send you a refill pad with the Psychiatric Rating Scales [Hamilton Brief Rating Scale for Depression (HAM-D7) and Mood Disorders Questionnaires (MDQ)]
Hamilton Rating Scale for Depression (HAM-D7): A Brief Depression Scale

Used in assessing the overall severity of depressive symptomatology

Instructions to the Interviewer

Using the HAM-Dy Brief Rating Scale, answer the questions on ALL items.

DO NOT LEAVE ANY BLANK.

The Mood Disorder Questionnaire (MDQ): A Screening Tool for Bipolar Spectrum Disorder

Instructions to the Interviewer

Using the MDQ, answer ALL questions. DO NOT LEAVE ANY BLANK.

The 7-Item Hamilton Brief Rating Scale for Depression (HAM-D7)

<table>
<thead>
<tr>
<th>Item</th>
<th>Questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depressed mood</td>
<td>Have you been feeling down or depressed? Sad?</td>
</tr>
<tr>
<td></td>
<td>Does the feeling lift at all if something good happens?</td>
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<tr>
<td></td>
<td>In the last week how often have you felt this way?</td>
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<tr>
<td>Feelings of guilt</td>
<td>If YES to the first question:</td>
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<tr>
<td></td>
<td>What have your thoughts been?</td>
</tr>
<tr>
<td></td>
<td>Have you been feeling guilty about anything that you have done or have not done?</td>
</tr>
<tr>
<td></td>
<td>What about things that happened a long time ago?</td>
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<tr>
<td></td>
<td>Have you thought you have brought (this depression) on yourself in some way?</td>
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<tr>
<td></td>
<td>Do you feel you are being punished by being sick?</td>
</tr>
<tr>
<td>Interest, pleasure, level of activities (work and activities)</td>
<td>If working:</td>
</tr>
<tr>
<td></td>
<td>Have you been able to get as much done as you usually do (when you are feeling OK)?</td>
</tr>
<tr>
<td></td>
<td>Have you felt interested in doing (those things) or do you feel you have to push yourself to do them?</td>
</tr>
<tr>
<td></td>
<td>Have you stopped doing anything you used to do?</td>
</tr>
<tr>
<td></td>
<td>If YES:</td>
</tr>
<tr>
<td></td>
<td>Why? Is there anything to look forward to?</td>
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<tr>
<td>Tension, nervousness (psychological anxiety)</td>
<td>If YES:</td>
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<tr>
<td></td>
<td>Is this more than usual for you?</td>
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<td></td>
<td>Have you been worrying a lot about little things, things you do not ordinarily worry about?</td>
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<tr>
<td></td>
<td>If YES:</td>
</tr>
<tr>
<td></td>
<td>Like what, for example?</td>
</tr>
<tr>
<td>Physical symptoms of anxiety (somatic anxiety)</td>
<td>How bad have these symptoms become?</td>
</tr>
<tr>
<td></td>
<td>How much of the time or how often have you had them?</td>
</tr>
<tr>
<td>Energy level (somatic symptoms)</td>
<td>What about backaches, headaches, or muscle aches?</td>
</tr>
<tr>
<td></td>
<td>Have you felt any heaviness in your limbs, back, or head?</td>
</tr>
<tr>
<td>Suicide (distraction, thoughts, plans, attempts)</td>
<td>If YES:</td>
</tr>
<tr>
<td></td>
<td>What have you thought about?</td>
</tr>
<tr>
<td></td>
<td>Have you actually done anything to hurt yourself?</td>
</tr>
</tbody>
</table>

End of HAM-D7 scale. Total Score (1 to 7)


Scoring: A score of ≤ 3 (out of potential 26) would define a full remission of symptoms

A score of ≥ 4 (out of potential 26) would indicate insufficient response to antidepressant therapy

The Mood Disorder Questionnaire (MDQ)

Has there ever been a period of time when you were not your usual self and...

...you were so good or so hyper that other people thought you were not your normal self or you were so hyper that you got into trouble?

...you were so irritable that you shouted at people or started getting into fights or arguments?

...you felt much more self-confident than usual?

...you got much less sleep than usual and found you didn’t really miss it?

...you were much more talkative or spoke faster than usual?

...thoughts raced through your head or you couldn’t slow your mind down?

...you felt so much better that you were so productive or could do things you never could do before?

...you had much more energy than usual?

...you were much more active or did many more things than usual?

...were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?

...you were much more interested in sex than usual?

...you did things that were unusual for you or that other people might have thought you were excessive, foolish, or risky?

...spending money got you or your family into trouble?

If you checked YES to more than one of the above, have several of these ever happened during the same period of time?

How much of a problem did any of these cause you—like being unable to work; having family, money, or legal troubles; getting into arguments or fights? Please choose one response only.

Total Score (1 to 3 on all YES items)

End of MDQ.

Scoring: A score of ≥ 7 items indicates a bipolar spectrum disorder