



Harvard Department of Psychiatry/NDSD Scale (HANDS)¹

The HANDS depression screening tool consists of ten questions covering a variety of emotional, behavioral, and physical symptoms. The screening asks how often individuals have experienced symptoms in the past two-week period.

Sample questions include:

- Been feeling low in energy, slowed down?
- Been feeling hopeless about the future?
- Thought about or wanted to commit suicide?

Individuals respond by indicating one of the following:

- None or little of the time
- Some of the time
- Most of the time
- All of the time

Scoring assigns each answer a numerical value and adds the total value of responses to the ten questions:

- None or little of the time = 0
- Some of the time = 1
- Most of the time = 2
- All of the time = 3

Interpretation:

0-8: symptoms are not consistent with a major depressive episode and presence of major depressive disorder is unlikely.

9-16: symptoms are consistent with a major depressive episode, presence of major depressive disorder is likely, and severity level is typically mild or moderate. The individual could alternatively or additionally be experiencing an anxiety disorder.

17-30: symptoms are strongly consistent with a major depressive episode and presence of major depressive disorder is very likely.

¹Baer, L., Jacobs, D. G., Meszleer-Reizes, J., Blais, M., Fava, M., Kessler, R., Magruder, K., Murphy, J., Kopans, B., Cukor, P., Leahy, L., & O'Laughlen, J. (2000). Development of a Brief Screening Instrument: The HANDS. *Psychother Psychosom*, 69, 35-41.