

## Notes on the SPAQ and Ham-24 (see following pages)

### Seasonal Pattern Assessment Questionnaire (SPAQ)

- The SPAQ is a widely used screening questionnaire for SAD.
- The Global Seasonality Score (GSS) is the total sum of the 6 items on Question 11. This gives a score from 0 (no seasonality) to 24 (extreme seasonality). The average GSS in community samples is about 5. The average GSS in patients with SAD is about 16.
- The screening criteria for a “diagnosis” of SAD are based on the GSS and the score on Question 17, the degree of problems associated with seasonal changes.
- A GSS of **11** or higher and a score on Q.11 of **moderate** or greater is indicative of SAD.
- As with most screening questionnaires, these criteria tend to overdiagnose SAD. On clinical interview, some people with these criteria will turn out to have subsyndromal features. On the other hand, very few people with a true diagnosis of SAD will be missed using these criteria.

### Summary Sheet for the 24- and 29-item Version of the Hamilton Depression Rating Scale

- The Hamilton Depression Rating Scale (Ham-D) is the most widely used outcome scale for depression studies. The Ham-D is based on a clinical interview with the patient and is rated by the interviewer. The interview asks the patient about symptoms experienced in the past week, compared to a time when they were well.
- There are various versions of the Ham-D, which was originally developed in the 1960’s. The original version (17 items, Ham-17) and a later version (with an additional 4 items, Ham-21) did not include items rating atypical symptoms (like oversleeping, overeating, weight gain, etc). An 8-item atypical symptom addendum was added to rate these symptoms. The resulting 29-item version (Ham-29) is widely used in SAD studies.
- However, the 4 additional items (including the diurnal variation item) on the Ham-21 and 1 item on the Ham-8 are not related to severity of depression. Hence, the Ham-24 (sum of the Ham-17 and Ham-7) is a better indicator of severity than the Ham-29.
- The Ham-24 and Ham-29 scores can be categorized this way:

Category	Ham-24 Score	Ham-29 score
Normal, not depressed	9 or less	11 or less
Mildly depressed	10 to 19	12 to 21
Moderately depressed	20 to 29	22 to 32
Markedly/severely depressed	30 or more	33 or more