

Hamilton Anxiety Rating Scale (HAM-A)

Name: _____ Date: _____ dd / mm / yyyy

Below is a list of phrases that describe certain feelings that people have. Rate the patients by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions. 0 = Not present, 1 = Mild, 2 = Moderate, 3 = Severe, 4 = Very severe

1. Anxious mood - Worries, anticipation of the worst, fearful anticipation, irritability

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

2. Tension - Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

3. Fears - Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

4. Insomnia - Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

5. Intellectual - Difficulty in concentration, poor memory.

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

6. Depressed mood - Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

7. Somatic (muscular) - Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

8. Somatic (sensory) - Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

9. Cardiovascular symptoms - Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

10. Respiratory symptoms - Pressure or constriction in chest, choking feelings, sighing, dyspnea.

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

11. Gastrointestinal symptoms - Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

12. Genitourinary symptoms - Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

13. Autonomic symptoms - Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

14. Behavior at interview - Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

SCORING: Each item is scored on a scale of 0 (not present) to 4 (severe), with a total score range of 0–56, where

Notes: