

# Hamilton Anxiety Scale (HAM-A)

♥ Evaluates the severity of anxiety and that of other anxious disorders. +

Purpose ▼

Key Facts ▼

Jump To ▼

## 1 Anxious mood (worries, irritability)

Not present (0 p)

Mild (1 p)

Moderate (2 p)

Severe (3 p)

Very severe (4 p)

## 2 Tension (restlessness, startle response)

Not present (0 p)

Mild (1 p)

Moderate (2 p)

Severe (3 p)

Very severe (4 p)

## 3 Fears of different kinds

Not present (0 p)

Mild (1 p)

Moderate (2 p)

Severe (3 p)

Very severe (4 p)

## 4 Insomnia (difficulty falling asleep, fatigue)

Not present (0 p)

Mild (1 p)

Moderate (2 p)

Severe (3 p)



Very severe (4 p)



## 5 Intellectual response (concentration problems, poor memory)

Not present (0 p)

Mild (1 p)

Moderate (2 p)

Severe (3 p)

Very severe (4 p)

## 6 Depressed mood (lack of interest, lack of pleasure)

Not present (0 p)

Mild (1 p)

Moderate (2 p)

Severe (3 p)

Very severe (4 p)

## 7 Somatic muscular response (pain, twitching, stiffness)

Not present (0 p)

Mild (1 p)

Moderate (2 p)

Severe (3 p)

Very severe (4 p)

## 8 Somatic sensory response (tinnitus, flashes)

Not present (0 p)

Mild (1 p)

Moderate (2 p)

Severe (3 p)

Very severe (4 p)

## 9 Cardiovascular symptoms (palpitations, chest pain)

Not present (0 p)



Mild (1 p)

Moderate (2 p)

Severe (3 p)

Very severe (4 p)

**10 Respiratory symptoms (chest pressure, choking, dyspnea)**

Not present (0 p)

Mild (1 p)

Moderate (2 p)

Severe (3 p)

Very severe (4 p)

**11 Gastrointestinal symptoms (abdominal pain, nausea, constipation)**

Not present (0 p)

Mild (1 p)

Moderate (2 p)

Severe (3 p)

Very severe (4 p)

**12 Genitourinary symptoms (micturition frequency, frigidity)**

Not present (0 p)

Mild (1 p)

Moderate (2 p)

Severe (3 p)

Very severe (4 p)

**13 Autonomic symptoms (dry mouth, sweat headache)**

Not present (0 p)

Mild (1 p)

Moderate (2 p)



Severe (3 p)



Very severe (4 p)

14 Interview behavior (restlessness, increased respiration, hand tremor)

Not present (0 p)

Mild (1 p)

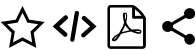
Moderate (2 p)

Severe (3 p)

Very severe (4 p)

Calculate

Reset



Other Tools ▾

Feedback ▾

Print ▾



Scale items

The HAM-A evaluates the presence and degree of severity of a range of anxiety symptoms in order to provide a patient status that varies from mild to very severe anxiety.

The scale, created by Hamilton ([https://www.ncbi.nlm.nih.gov/pubmed/?term=HAMILTON%20M%5BAuthor%5D&cauthor=true&cauthor\\_uid=13638508](https://www.ncbi.nlm.nih.gov/pubmed/?term=HAMILTON%20M%5BAuthor%5D&cauthor=true&cauthor_uid=13638508)) in 1959, is addressed to adult and pediatric patients, takes less than 15 minutes and is clinician rated.

It can be used for an initial assessment or to monitor changes in the anxious symptoms the patient experiences over time.

The three major domains are mental status, cognitive and physical condition. The following table introduces the items in the scale and a description of the symptoms they refer to:

HAM-A items	Symptoms
Anxious mood	Refers to worries, fearful anticipation, irritability and pessimism.

Tension	Feelings of restlessness, fatigability, startle response or trembling.
Fears of different kinds	Presence of phobias, such as fear of dark, strangers, small spaces, isolation.
Insomnia	Difficulty falling asleep, lack of sleep, nightmares, sleep walking.
Intellectual response	Poor concentration, poor memory
Depressed mood	Complete lack or loss of interest in activities previously enjoyed.
Somatic muscular response	Pains and aches, stiffness, twitching, stiffness, grinding of teeth and increased muscular tone.
Somatic sensory response	Weakness, tinnitus, vision flashes and blurring, distorted temperature perception.
Cardiovascular symptoms	Palpitations, tachycardia, chest pain, throbbing of vessels.
Respiratory symptoms	Choking sensation, chest pain or pressure, dyspnea, sighing.
Gastrointestinal symptoms	Nausea, abdominal pain, burning sensation, vomiting, constipation, weight loss.
Genitourinary symptoms	Urinary frequency and urgency, frigidity, dysmenorrhea, impotence.
Autonomic symptoms	Headaches, dry mouth, sweating, pallor.
Interview behaviour	The patient shows restlessness, increased respiration or hand tremors.

## HAM-A scores

Each of the items in the anxiety scale is scored based on a Likert scale from 0 to 4:

0 – symptoms not present;

1 – mild prevalence of the symptoms or feelings;

2 – moderate prevalence of the feelings or symptoms;

3 – severe display of feelings and symptoms;

4 – very severe prevalence of the symptoms.

Therefore, the final score ranges from 0 to 56. There are four categories of results:

HAM-A score	Interpretation
0 - 17	Mild anxiety
18 - 24	Mild to moderate anxiety
25 - 30	Moderate to severe anxiety
30 - 56	Very severe anxiety

## About anxiety

Anxiety is a condition characterised by an inner state of turmoil, irritability and fear, which triggers a fight or flight somatic reaction of the body.

While most people experience feelings of fear or anxiety at some point in their lives, there is a limit after which these become pathologic and after which anxious feelings become a symptom of a mental disorder.

The generalized anxiety disorder (GAD) is the most common diagnosis in people with anxiety, however, there are other conditions that display similar symptoms, panic attacks or specific phobias.


## Original source




Hamilton M. The assessment of anxiety states by rating  
(<https://www.ncbi.nlm.nih.gov/pubmed/13638508>). Br J Med Psychol 1959; 32:50 – 55.

## Other references

1. Clark DB, Donovan JE. Reliability and validity of the Hamilton Anxiety Rating Scale in an adolescent sample (<https://www.ncbi.nlm.nih.gov/pubmed/8169180>). J Am Acad Child Adolesc Psychiatry. 1994; 33(3):354-60.
2. Maier W, Buller R, Philipp M, Heuser I. The Hamilton Anxiety Scale: reliability, validity and sensitivity to change in anxiety and depressive disorders  
(<https://www.ncbi.nlm.nih.gov/pubmed/2963053>). J Affect Disord 1988;14(1):61–8.

 **Specialty:** Psychiatry

 **System:** Nervous

 **Objective:** Evaluation

 **Type:** Scale

 **No. Of Items:** 14

 **Year Of Study:** 1959

 **Abbreviation:** HAM-A

 **Article By:** [Denise Nedeia](#) (denise-nedeia/)

 **Published On:** May 27, 2017 · 08:43 AM

 **Last Checked:** May 27, 2017

 **Next Review:** May 27, 2023

---



## Browse specialties

- › Allergy And Immunology (allergy-and-immunology/)
- › Anesthesiology (anesthesiology/)
- › Cardiology (cardiology/)
- › Deficiency (deficiency/)
- › Dermatology (dermatology/)
- › Disability (disability/)
- › Emergency (emergency/)
- › Endocrinology (endocrinology/)
- › Epidemiology (epidemiology/)
- › Fitness (fitness/)
- › **View All** (specialties/)

---

## Become A Member

- ✓ Save your favourites!
- ✓ Get latest medical calculators!

[Sign Up](#)[\(sign-up/\)](#)

## Join Us / Social Media

<https://twitter.com/mdannco><https://pinterest.com/mdappco/><https://www.youtube.com/channel/UCex5eCA7ps4AHfM-l53ORKw>

## MDAPP

[About Us \(about-us/\)](#)[Terms and Conditions \(terms-and-conditions/\)](#)[Our Mission \(mission/\)](#)[Privacy Policy \(privacy-policy/\)](#)[Editorial Policy \(editorial-policy/\)](#)[Cookie Policy \(cookie-policy/\)](#)[Authors \(authors/\)](#)[Disclaimer \(disclaimer/\)](#)[References \(references/\)](#)[Community \(community/\)](#)

## GET IN TOUCH

Get in touch with MDApp by using the following contact details:



Manchester, United Kingdom



(+44) 798 546 8558



office[at]mdapp[dot]co

© 2017 - 2022 MDApp. All Rights Reserved.

<https://www.facebook.com/MDApp-1208391365889299/><https://twitter.com/mdappco>