

Hamilton Anxiety Scale (HAM-A)

Record ID _____

The Hamilton Anxiety Scale (HAM-A) is a rating scale developed to quantify the severity of anxiety symptomatology, often used in psychotropic drug evaluation. It consists of 14 items, each defined by a series of symptoms. Each item is rated on a 5-point scale, ranging from 0 (not present) to 4 (severe). The following online version is provided for educational purposes only.

Patient Name _____

Today's Date _____

1. ANXIOUS MOOD

- Worries
- Anticipates worst

- ☐ 0 (Not present)
☐ 1
☐ 2
☐ 3
☐ 4 (Severe)

2. TENSION

- Startles
- Cries easily
- Restless
- Trembling

- ☐ 0 (Not present)
☐ 1
☐ 2
☐ 3
☐ 4 (Severe)

3. FEARS

- Fear of the dark
- Fear of strangers
- Fear of being alone
- Fear of animal

- ☐ 0 (Not present)
☐ 1
☐ 2
☐ 3
☐ 4 (Severe)

4. INSOMNIA

- Difficulty falling asleep or staying asleep
- Difficulty with Nightmares

- ☐ 0 (Not present)
☐ 1
☐ 2
☐ 3
☐ 4 (Severe)

5. INTELLECTUAL

- Poor concentration
- Memory Impairment

- ☐ 0 (Not present)
☐ 1
☐ 2
☐ 3
☐ 4 (Severe)

6. DEPRESSED MOOD

- Decreased interest in activities
- Anhedoni
- Insomnia

- ☐ 0 (Not present)
☐ 1
☐ 2
☐ 3
☐ 4 (Severe)

7. SOMATIC COMPLAINTS: MUSCULAR

- Muscle aches or pains
- Bruxism

- ☐ 0 (Not present)
 - ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4 (Severe)
-

8. SOMATIC COMPLAINTS: SENSORY

- Tinnitus
- Blurred vision

- ☐ 0 (Not present)
 - ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4 (Severe)
-

9. CARDIOVASCULAR SYMPTOMS

- Tachycardia
- Palpitations
- Chest Pain
- Sensation of feeling faint

- ☐ 0 (Not present)
 - ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4 (Severe)
-

10. RESPIRATORY SYMPTOMS

- Chest pressure
- Choking sensation
- Shortness of Breath

- ☐ 0 (Not present)
 - ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4 (Severe)
-

11. GASTROINTESTINAL SYMPTOMS

- Dysphagia
- Nausea or Vomiting
- Constipation
- Weight loss
- Abdominal fullness

- ☐ 0 (Not present)
 - ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4 (Severe)
-

12. GENITOURINARY SYMPTOMS

- Urinary frequency or urgency
- Dysmenorrhea
- Impotence

- ☐ 0 (Not present)
 - ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4 (Severe)
-

13. AUTONOMIC SYMPTOMS

- Dry Mouth
- Flushing
- Pallor
- Sweating

- ☐ 0 (Not present)
 - ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4 (Severe)
-

14. BEHAVIOR AT INTERVIEW

- Fidgets
- Tremor
- Paces

- ☐ 0 (Not present)
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4 (Severe)

HAM-A score level of anxiety: < 17 mild; 18 - 24 mild to moderate; 25 - 30 moderate to severe

TOTAL SCORE:

Source: Hamilton MC . Hamilton anxiety scale [HAMA] (1959).

<http://www.anxietyhelp.org/information/hama.html>