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# HAMILTON ANXIETY SCALE (HAM-A)

Patient Name \_\_\_\_\_

Today's Date \_\_\_\_\_

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).

**0 = Not present to 4 = Severe**

Score \_\_\_\_\_

**1. ANXIOUS MOOD**

- Worries
- Anticipates worst

**2. TENSION**

- Startles
- Cries easily
- Restless
- Trembling

**3. FEARS**

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

**4. INSOMNIA**

- Difficulty falling asleep or staying asleep
- Difficulty with Nightmares

**5. INTELLECTUAL**

- Poor concentration
- Memory Impairment

**6. DEPRESSED MOOD**

- Decreased interest in activities
- Anhedoni
- Insomnia

**7. SOMATIC COMPLAINTS: MUSCULAR**

- Muscle aches or pains
- Bruxism

**8. SOMATIC COMPLAINTS: SENSORY**

- Tinnitus
- Blurred vision

**9. CARDIOVASCULAR SYMPTOMS**

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

**10. RESPIRATORY SYMPTOMS**

- Chest pressure
- Choking sensation
- Shortness of Breath

**11. GASTROINTESTINAL SYMPTOMS**

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

**12. GENITOURINARY SYMPTOMS**

- Urinary frequency or urgency
- Dysmenorrhea
- Impotence

**13. AUTONOMIC SYMPTOMS**

- Dry Mouth
- Flushing
- Pallor
- Sweating

**14. BEHAVIOR AT INTERVIEW**

- Fidgets
  - Tremor
  - Paces
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