

HAMILTON ANXIETY RATING SCALE (HAM-A)

Below is a list of phrases that describe certain feelings that people have. Rate the patients by finding the answer that best describes the extent to which he/she has these conditions. Select one of the five responses for each of the 14 questions.

	0 = Not present	1 = Mild	2 = Moderate	3 = Severe	4 = Very severe
1. Anxious mood Worries, anticipation of the worst, fearful anticipation, irritability.	☐	☐	☐	☐	☐
2. Tension Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.	☐	☐	☐	☐	☐
3. Fears Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.	☐	☐	☐	☐	☐
4. Insomnia Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.	☐	☐	☐	☐	☐
5. Intellectual Difficulty in concentration, poor memory.	☐	☐	☐	☐	☐
6. Depressed mood Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.	☐	☐	☐	☐	☐
7. Somatic (muscular) Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.	☐	☐	☐	☐	☐
8. Somatic (sensory) Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.	☐	☐	☐	☐	☐
9. Cardiovascular symptoms Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.	☐	☐	☐	☐	☐
10. Respiratory symptoms Pressure or constriction in chest, choking feelings, sighing, dyspnea.	☐	☐	☐	☐	☐
11. Gastrointestinal symptoms Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.	☐	☐	☐	☐	☐
12. Genitourinary symptoms Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.	☐	☐	☐	☐	☐
13. Autonomic symptoms Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.	☐	☐	☐	☐	☐
14. Behaviour at interview Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.	☐	☐	☐	☐	☐

Scoring: Each item is scored on a scale of 0 (not present) to 4 (very severe), with a total score range of 0–56, where <17 indicates mild severity, 18–24 mild to moderate severity, 25–30 moderate to severe and 31–56 severe to very severe.

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References: 1. Hamilton M. The assessment of anxiety states by rating. *Br J Med Psychol* 1959;32:50-5. 2. Maier W, Buller R, Philipp M, Heuser I. The Hamilton Anxiety Scale: reliability, validity and sensitivity to change in anxiety and depressive disorders. *J Affect Disord* 1988;14(1):61-8. 3. Borkovec T and Costello E. Efficacy of applied relaxation and cognitive behavioral therapy in the treatment of generalized anxiety disorder. *J Clin Consult Psychol* 1993;61(4):611-9.