



ANXIETY

HAMILTON ANXIETY RATING SCALE (HAM-A)

Classification of symptoms: 0 - absent; 1 - mild; 2 - moderate; 3 - severe; 4 - incapacitating.

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

Symptoms Date: _____

- | | | | |
|---|-----------|---|-----------|
| 1. Anxious mood
• worries
• anticipates worst | 0 1 2 3 4 | 10. Respiratory Symptoms
• chest pressure
• choking sensation
• shortness of breath | 0 1 2 3 4 |
| 2. Tension
• startles
• cries easily
• restless
• trembling | 0 1 2 3 4 | 11. Gastrointestinal Symptoms
• dysphagia
• nausea or vomiting
• constipation
• weight loss | 0 1 2 3 4 |
| 3. Fears
• fear of the dark
• fear of strangers
• fear of being alone
• fear of animal | 0 1 2 3 4 | 12. Genitourinary Symptoms
• urinary frequency or urgency
• dysmenorrhea
• impotence | 0 1 2 3 4 |
| 4. Insomnia
• difficulty falling asleep or staying asleep
• difficulty with nightmares | 0 1 2 3 4 | 13. Autonomic Symptoms
• dry mouth
• flushing
• pallor
• sweating | 0 1 2 3 4 |
| 5. Intellectual
• poor concentration
• memory impairment | 0 1 2 3 4 | 14. Behavior at Interview
• fidgets
• tremor
• paces | 0 1 2 3 4 |
| 6. Depressed Mood
• decreased interest in activities
• anhedonia
• insomnia | 0 1 2 3 4 | | |
| 7. Somatic complaints – Muscular
• muscle aches or pains
• bruxism | 0 1 2 3 4 | | |
| 8. Somatic complains – Sensory
• tinnitus | 0 1 2 3 4 | | |
| 9. Cardiovascular Symptoms
• tachycardia
• palpitations
• chest pain
• sensory of feeling faint
• blurred vision | 0 1 2 3 4 | | |

TOTAL SCORE: _____

Rater's signature: _____

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