Hamilton Anxiety Scale (HAM-A)

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
   • Ahedonia
   • 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
    • A bdominal 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