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Hamilton Anxiety Rating Scale (HAM-A)

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

0 = Not present, 1 = Mild, 2 = Moderate, 3 = Severe, 4 = Very severe.

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| 1 Anxious mood 0 1 2 3 4
Worries, anticipation of the worst, fearful anticipation, irritability. | 8 Somatic (sensory) 0 1 2 3 4
Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation. |
| 2 Tension 0 1 2 3 4
Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax. | 9 Cardiovascular symptoms 0 1 2 3 4
Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat. |
| 3 Fears 0 1 2 3 4
Of dark, of strangers, of being left alone, of animals, of traffic, of crowds. | 10 Respiratory symptoms 0 1 2 3 4
Pressure or constriction in chest, choking feelings, sighing, dyspnea. |
| 4 Insomnia 0 1 2 3 4
Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors. | 11 Gastrointestinal symptoms 0 1 2 3 4
Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation. |
| 5 Intellectual 0 1 2 3 4
Difficulty in concentration, poor memory. | 12 Genitourinary symptoms 0 1 2 3 4
Frequency of micturition, urgency of micturition, amenorrhoea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence. |
| 6 Depressed mood 0 1 2 3 4
Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing. | 13 Autonomic symptoms 0 1 2 3 4
Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair. |
| 7 Somatic (muscular) 0 1 2 3 4
Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone. | 14 Behavior at interview 0 1 2 3 4
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 (severe), with a total score range of 0–56, where <17 indicates mild severity, 18–24 mild to moderate severity and 25–30 moderate to severe.