
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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