

**Hamilton Anxiety Rating Scale (HAM-A)**

Client: \_\_\_\_\_ Date: \_\_\_\_\_

Specialist: \_\_\_\_\_ Score: \_\_\_\_\_

1	Anxious mood (worries, anticipates worst)	0	1	2	3	4
2	Tension (startles, cries easily, restless, trembling)	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
4	Insomnia (difficulty falling asleep or staying asleep, difficulty with nightmares)	0	1	2	3	4
5	Intellectual (poor concentration, memory impairment)	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 complaints - Sensory (tinnitus, blurred vision)	0	1	2	3	4
9	Cardiovascular Symptoms (tachycardia, palpitations, chest pain, sensory of feeling faint)	0	1	2	3	4
10	Respiratory Symptoms (chest pressure, choking sensation, shortness of breath)	0	1	2	3	4
11	Gastrointestinal Symptoms (dysphagia, nausea or vomiting, constipation, weight loss)	0	1	2	3	4
12	Genitourinary Symptoms (urinary frequency or urgency, dysmenorrhea, impotence)	0	1	2	3	4
13	Autonomic Symptoms (dry mouth, flushing, pallor, sweating)	0	1	2	3	4
14	Behavior at Interview (fidgets, tremor, paces)	0	1	2	3	4

**Classification of symptoms**

- 0 - absent
- 1 - mild
- 2 - moderate
- 3 - severe
- 4 - incapacitating

**Interpretation of results**

- 1-17 - mild
- 18 - 24 mild to moderate
- 25-30 - moderate to severe

**References**

- Hamilton, M. (1959). The assessment of anxiety states by rating. *Br J Med Psychol* 32:50-55.
- Hamilton, M.C. (1959). Hamilton anxiety scale (HAMA), In: *Sourcebook of adult assessment (Applied clinical Psychology)*. Edited by N.S. Schutte, J.M. Malouff, Plenum Press, New York. Pp.154-157.