

The Center For Human Resources

1001 Military Street, Port Huron MI 48079

HAMILTON ANXIETY RATING SCALE (HAM-A)

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

Name: _____

Date: _____

Symptoms

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

TOTAL SCORE: _____

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

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