



HAMILTON ANXIETY RATING SCALE (HAM-A)

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

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

Symptoms Date: _____

- | | | | |
|--|-----------|-------------------------------|-----------|
| 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 complains – Sensory | 0 1 2 3 4 | | |
| •tinnitus | | | |
| 9. Cardiovascular Symptoms | 0 1 2 3 4 | | |
| •tachycardia | | | |
| •palpitations | | | |
| •chest pain | | | |
| •sensory of feeling faint | | | |
| •blurred vision | | | |

TOTAL SCORE: _____

Rater's signature: _____