

## Hamilton Anxiety Scale (HAM-A)

Identifier

Date

This is a practitioner-rated form. Please rate each statement and select a number 0, 1, 2, 3 or 4 which indicates symptoms severity over the past week. This assessment is not intended to be a diagnosis.

0 = None      1 = Mild      2 = Moderate      3 = Severe      4 = Very severe

1 ANXIOUS MOOD - worries, anticipates the worst

2 TENSION - startles, restless, cries easily, trembling

3 FEARS - of the dark, strangers, being alone, animals, crowds

4 INSOMNIA - Difficulty falling asleep or staying asleep, nightmares

5 INTELLECTUAL - Poor concentration, memory, decision making ability

6 DEPRESSED MOOD - decreased interest in activities, anhedonia, insomnia

7 SOMATIC COMPLAINTS: MUSCULAR - muscle aches or pains, bruxism

8 SOMATIC COMPLAINTS: SENSORY - tinnitus, blurred vision, tingling, numbness

9 CARDIOVASCULAR - tachycardia, palpitations, chest pain, feeling faint

10 RESPIRATORY SYMPTOMS - chest pressure, choking, shortness of breath

11 GASTROINTESTINAL - dysphagia, nausea or vomiting, constipation, weight loss, abdominal fullness, 'sinking' feeling in abdomen, dyspepsia

12 GENITOURINARY - urinary frequency or urgency, dysmenorrhoea, impotence

13 AUTONOMIC - dry mouth, flushing, pallor, sweating, dizziness

14 BEHAVIOUR AT INTERVIEW - fidgets, tremor, paces

Somatic

Psychic

Total Score

| Normal range | Mild    | Moderate | Severe      |
|--------------|---------|----------|-------------|
| 0 - 13       | 14 - 17 | 18 - 24  | 25 and over |

The HAM-A is administered by an interviewer who asks a series of questions related to symptoms of anxiety. The interviewer then rates the individual on a five-point scale for each of the 14 items. Seven of the items specifically address psychic anxiety and the remaining seven items address somatic anxiety. The total anxiety score ranges from 0 to 56, lower scores are better. Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.