

## Hamilton Anxiety Rating Scale (HAM-A)

Below is a list of phrases that describe certain feeling that people have. Rate the patients by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions.

0 = Not present,                      1 = Mild,                      2 = Moderate,                      3 = Severe,                      4 = Very severe.

**1 Anxious mood**                       0  1  2  3  4

Worries, anticipation of the worst, fearful anticipation, irritability.

**2 Tension**                       0  1  2  3  4

Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.

**3 Fears**                       0  1  2  3  4

Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.

**4 Insomnia**                       0  1  2  3  4

Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.

**5 Intellectual**                       0  1  2  3  4

Difficulty in concentration, poor memory.

**6 Depressed mood**                       0  1  2  3  4

Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.

**7 Somatic (muscular)**                       0  1  2  3  4

Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.

**8 Somatic (sensory)**                       0  1  2  3  4

Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.

**9 Cardiovascular symptoms**                       0  1  2  3  4

Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.

**10 Respiratory symptoms**                       0  1  2  3  4

Pressure or constriction in chest, choking feelings, sighing, dyspnea.

**11 Gastrointestinal symptoms**                       0  1  2  3  4

Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.

**12 Genitourinary symptoms**                       0  1  2  3  4

Frequency of micturition, urgency of micturition, amenorrhoea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.

**13 Autonomic symptoms**                       0  1  2  3  4

Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.

**14 Behavior at interview**                       0  1  2  3  4

Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.