

## 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.

<b>1 Anxious mood</b>	1	2	3	4	<b>8 Somatic (sensory)</b>	1	2	3	4
Worries, anticipation of the worst, fearful anticipation, irritability.					Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.				
<b>2 Tension</b>	1	2	3	4	<b>9 Cardiovascular symptoms</b>	1	2	3	4
Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.					Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.				
<b>3 Fears</b>	1	2	3	4	<b>10 Respiratory symptoms</b>	1	2	3	4
Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.					Pressure or constriction in chest, choking feelings, sighing, dyspnea.				
<b>4 Insomnia</b>	1	2	3	4	<b>11 Gastrointestinal symptoms</b>	1	2	3	4
Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.					Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.				
<b>5 Intellectual</b>	1	2	3	4	<b>12 Genitourinary symptoms</b>	1	2	3	4
Difficulty in concentration, poor memory.					Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.				
<b>6 Depressed mood</b>	1	2	3	4	<b>13 Autonomic symptoms</b>	1	2	3	4
Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.					Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.				
<b>7 Somatic (muscular)</b>	1	2	3	4	<b>14 Behavior</b>	1	2	3	4
Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.					Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.				