

Client ID Number:

Name:

Date of Birth: Month /Day /Year

HAMILTON ANXIETY SCALE (HAM-A)

INSTRUCTIONS – Read each of the symptoms below. Rate your experience of these symptoms between 0 to 4:

ANXIOUS MOOD – worries, expecting the worst, fearful, irritability
0 Not at all 1 Mild 2 Moderate 3 Severe 4 Very severe

TENSION – constant tension, fatigue, startle response, moved to tears easily, restlessness, inability to relax
0 Not at all 1 Mild 2 Moderate 3 Severe 4 Very severe

FEARS – of the dark/strangers/loneliness/animals/traffic/crowds
0 Not at all 1 Mild 2 Moderate 3 Severe 4 Very severe

INSOMNIA – difficulty in falling asleep, broken sleep, fatigue on waking, unsatisfying sleep, dreams, nightmares, night terrors
0 Not at all 1 Mild 2 Moderate 3 Severe 4 Very severe

DEPRESSED MOOD – loss of interest, lack of interest in hobbies, depression, early waking, mood swings
0 Not at all 1 Mild 2 Moderate 3 Severe 4 Very severe

PHYSICAL/MUSCULAR – constant pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone
0 Not at all 1 Mild 2 Moderate 3 Severe 4 Very severe

SENSES – tinnitus, hot and cold flashes, blurring of vision, weakness, pricking sensation
0 Not at all 1 Mild 2 Moderate 3 Severe 4 Very severe

CARDIOVASCULAR – tachycardia, palpitations, chest pain, throbbing in vessels, fainting feelings, skipping a beat
0 Not at all 1 Mild 2 Moderate 3 Severe 4 Very severe

RESPIRATORY – constriction in chest, choking feelings, sighing, dyspnea
0 Not at all 1 Mild 2 Moderate 3 Severe 4 Very severe

DIGESTIVE – difficulty in swallowing, abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation
0 Not at all 1 Mild 2 Moderate 3 Severe 4 Very severe

GENITOURINARY – frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence
0 Not at all 1 Mild 2 Moderate 3 Severe 4 Very severe

AUTONOMIC SYMPTOMS – dry mouth, pallor, flushing, excessive sweating, giddiness, tension, headache, raising of hair
0 Not at all 1 Mild 2 Moderate 3 Severe 4 Very severe

BEHAVIOR AT INTERVIEW – fidgeting, restlessness, pacing, tremor of hands, furrowed brow, strained face, rapid respirations, facial pallor, swallowing
0 Not at all 1 Mild 2 Moderate 3 Severe 4 Very severe

INTERPRETATION OF SCORES — HAMILTON ANXIETY SCALE (HAM-A)

READ YOUR SCORES AS BELOW:

18 + = MILD | 25 + = MODERATE ANXIETY | 30 + = SEVERE ANXIETY (PROFESSIONAL HELP REQUIRED)

TOTAL: Date Assessed: mm/dd/yyyy Name of Rater: