

HAMILTON RATING SCALE FOR ANXIETY (HAM-A)

HAM-A		
Variable	Definition of Variable	Assessment
Anxious Mood	Worries, anticipation of the worst, apprehension (fearful anticipation), irritability	
Tension	Feelings of tension, fatiguability, inability to relax, startle response, moved to tears easily, trembling, feelings of restlessness	
Fears	Of dark, strangers, being left alone, large animals, traffic, crowds	
Insomnia	Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors	
Intellect	Difficulty in concentration, poor memory	
Depressed mood	Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing	
Somatic general (muscular and sensory)	Muscular: pains and aches, stiffness, twitchings, clonic jerks, grinding of teeth, unsteady voice Sensory: tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, prickling sensations	
Cardiovascular system	Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat	
Respiratory system	Pressure or constriction in chest, choking, peelings, sighings, dyspnoea	
Gastrointestinal system	Difficulty in swallowing, wind, dyspepsia (pain before and after meals, burning sensations, fullness, waterbrash, nausea, vomiting, sinking feelings), 'working' in abdomen, borborygmi, looseness of bowels, loss of weight, constipation	
Genitourinary system	Frequency of micturition, urgency or micturition, amenorrhoea, menorrhagia, development of frigidity, ejaculatio praecox, loss of erection, impotence	
Autonomic system	Dry mouth, flushing, pallor, tendency to seat, giddiness, tension headache, raising of hair	
Behaviour at interview	General: tense, not relaxed, fidgetting (hands, picking fingers, clenching, tics, handkerchief), restlessness/pacing, tremor of hands, furrowed brow, strained face, increased muscular tone, sighing respirations, facial pallor. Physiological: swallowing, belching, high resting pulse rate, respiration rate over 20/min, brisk tendon jerks, tremor, dilated pupils, exophthalmos, sweating, eye-lid twitching	

Grades for Assessment

0 = none

1 = mild

2 = moderate

3 = severe

4 = very severe, grossly disabling