

Anxiety assessment tool

Hamilton anxiety rating scale (HAM-A)

Each item in the table below is scored on a scale of 0 (not present) to 4 (severe) with a total anxiety severity score range of 0-56, where <17 indicates mild severity, 18-24 mild to moderate severity, 25-30 moderate to severe.

0 <i>Not present</i>	1 <i>Mild</i>	2 <i>Moderate</i>	3 <i>Severe</i>	4 <i>Very severe</i>
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<p>1. Anxious Mood 0 1 2 3 4</p> <p>Worries, anticipation of the worst, fearful anticipation, irritability.</p>	<p>8. Somatic (sensory) 0 1 2 3 4</p> <p>Tinnitus, blurring of vision, hot and cold flushes, weakness, pricking sensation.</p>
<p>2. Tension 0 1 2 3 4</p> <p>Tense, fatigability, startled response, moved to tears easily, trembling, restlessness, inability to relax.</p>	<p>9. Cardiovascular 0 1 2 3 4</p> <p>Tachycardia, palpitations, chest pain, vessel throbbing, faint, missing beat.</p>
<p>3. Fear 0 1 2 3 4</p> <p>Of the dark, strangers, being left alone, animals, traffic, crowds.</p>	<p>10. Respiratory 0 1 2 3 4</p> <p>Pressure or constriction of the chest, choking feelings, sighing, dyspnea.</p>
<p>4. Insomnia 0 1 2 3 4</p> <p>Difficulty in falling asleep, broken sleep, unsatisfying sleep, fatigue on waking, nightmares, night terrors.</p>	<p>11. Gastrointestinal 0 1 2 3 4</p> <p>Difficulty swallowing, wind, abdominal pain, burning sensation, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, weight loss, constipation.</p>
<p>5. Intellectual 0 1 2 3 4</p> <p>Difficulty concentrating, poor memory.</p>	<p>12. Genitourinary 0 1 2 3 4</p> <p>Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.</p>
<p>6. Depressed mood 0 1 2 3 4</p> <p>Loss of interest, lack of pleasure in hobbies, low mood, early waking, diurnal swing.</p>	<p>13. Autonomic symptoms 0 1 2 3 4</p> <p>Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.</p>
<p>7. Somatic (muscular) 0 1 2 3 4</p> <p>Pains and aches, twitching, stiffness, myoclonic jerks, teeth grinding, unsteady voice, increased muscular tone.</p>	<p>14. Behaviour at interview 0 1 2 3 4</p> <p>Fidgeting, restlessness or pacing, hand tremors, furrowed brow, strained face, sighing or rapid respiration, facial pallor, excessive swallowing.</p>

Note – the Hamilton Anxiety Rating Scale is used to measure the severity of anxiety symptoms and is not designed as a tool for the diagnosis of anxiety. For information on diagnosis of anxiety and depression please refer to ICD-10.