

## **HARS (HAM-A)**

# ***Hamilton Anxiety Rating Scale***

**Purpose** : Rate the severity of a patient's anxiety

The scale predates the current definition of generalized anxiety disorder (GAD). However, it covers many of the features of GAD and can be helpful also in assessing its severity. The major value of HAM-A is to document the results of pharmacotherapy or psychotherapy, rather than as a diagnostic or screening tool.

**Admin time** : 15-20 min

**User Friendly** : High

**Administered by** : Healthcare provider

**Content** : Based on 14 parameters, including anxious mood, tension, fears, insomnia, somatic complaints and behavior at the interview

**Author** : Hamilton MAX, 1959

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<https://www.cgakit.com/p-4-hars>

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# HAMILTON ANXIETY SCALE (HAM-A)

Patient Name \_\_\_\_\_

Today's Date \_\_\_\_\_

The Hamilton Anxiety Scale (HAM-A) is a rating scale developed to quantify the severity of anxiety symptomatology, often used in psychotropic drug evaluation. It consists of 14 items, each defined by a series of symptoms. Each item is rated on a 5-point scale, ranging from 0 (not present) to 4 (severe).

**0 = Not present to 4 = Severe**

Score \_\_\_\_\_

**1. ANXIOUS MOOD**

- Worries
- Anticipates worst

**2. TENSION**

- Startles
- Cries easily
- Restless
- Trembling

**3. FEARS**

- Fear of the dark
- Fear of strangers
- Fear of being alone
- Fear of animal

**4. INSOMNIA**

- Difficulty falling asleep or staying asleep
- Difficulty with Nightmares

**5. INTELLECTUAL**

- Poor concentration
- Memory Impairment

**6. DEPRESSED MOOD**

- Decreased interest in activities
- Anhedoni
- Insomnia

**7. SOMATIC COMPLAINTS: MUSCULAR**

- Muscle aches or pains
- Bruxism

**8. SOMATIC COMPLAINTS: SENSORY**

- Tinnitus
- Blurred vision

**9. CARDIOVASCULAR SYMPTOMS**

- Tachycardia
- Palpitations
- Chest Pain
- Sensation of feeling faint

**10. RESPIRATORY SYMPTOMS**

- Chest pressure
- Choking sensation
- Shortness of Breath

**11. GASTROINTESTINAL SYMPTOMS**

- Dysphagia
- Nausea or Vomiting
- Constipation
- Weight loss
- Abdominal fullness

**12. GENITOURINARY SYMPTOMS**

- Urinary frequency or urgency
- Dysmenorrhea
- Impotence

**13. AUTONOMIC SYMPTOMS**

- Dry Mouth
- Flushing
- Pallor
- Sweating

**14. BEHAVIOR AT INTERVIEW**

- Fidgets
  - Tremor
  - Paces
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# HAMILTON ANXIETY RATING SCALE (HAM-A)

## Instructions for the Clinician:

The Hamilton Anxiety Rating Scale (HAM-A) is a widely used and well-validated tool for measuring the severity of a patient's anxiety. It should be administered by an experienced clinician.

The HAM-A probes 14 parameters and takes 15-20 minutes to complete the interview and score the results. Each item is scored on a 5-point scale, ranging from 0=not present to 4=severe.

The major value of HAM-A is to assess the patient's response to a course of treatment, rather than as a diagnostic or screening tool. By administering the scale serially, a clinician can document the results of drug treatment or psychotherapy.

Developed in 1959 by Dr. M. Hamilton, the scale has proven useful not only in following individual patients but also in research involving many patients.

## HAM-A Scoring Instructions:

**Sum the scores from all 14 parameters.**

14-17 = Mild Anxiety

18-24 = Moderate Anxiety

25-30 = Severe Anxiety