HAM-A

Hamilton Anxiety Rating Scale (HAM-A)

The Hamilton Anxiety Rating Scale (HAM-A) is a semi-structured interview used to assess the severity of anxiety in adult patients. It is mainly administered by a clinician and makes it possible to differentiate between the psychic and somatic symptoms of anxiety. It is used in clinical follow-up as well as in research to evaluate the effectiveness of therapeutic interventions.

Number of questions	14 questions
Estimated duration	20 minutes
Language	English
Original name	Hamilton Anxiety Rating Scale
Target audience	Adults
Authors	Max Hamilton (1959)
Category	Anxiety

Preview of the 14 questions

Anxious mood

Worries, anticipation of the worst, fearful anticipation, irritability.

0 - Not present | 1 - Mild | 2 - Moderate | 3 - Severe | 4 - Very severe

Tension

Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.

0 - Not present | 1 - Mild | 2 - Moderate | 3 - Severe | 4 - Very severe

Fears

Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.

0 - Not present | 1 - Mild | 2 - Moderate | 3 - Severe | 4 - Very severe

Insomnia

Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.

0 - Not present | 1 - Mild | 2 - Moderate | 3 - Severe | 4 - Very severe

Intellectual

Difficulty in concentration, poor memory.

0 - Not present | 1 - Mild | 2 - Moderate | 3 - Severe | 4 - Very severe

Scoring & interpretation

Each of the 14 items is rated from 0 (not present) to 4 (very severe), giving a total score between 0 and 56. A score of 14 to 17 indicates mild anxiety, 18 to 24 moderate anxiety, and 25 to 30 severe anxiety. Interpretation must be clinical and individualized.