

## Hamilton Anxiety Scale (HAMA)

The Hamilton Anxiety Scale (HAMA) 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).

Anxious mood

Tension

Fears

Insomnia

Intellectual; concentration/memory impairment

Depressed mood

Somatic complaints; muscle aches/pains

Sensory complaints; blurred vision/ringing in ears

Cardiovascular; palpitations, chest pain, feeling faint

Respiratory; chest pressure/SOB/choking sensation

GI; nausea/vomiting/trouble swallowing/constipation/weight loss

GU; Urinary frequency/urgency, impotence, pain with intercourse

Autonomic; dry mouth/flushing/pallor/sweating

Behavior; fidgeting, pacing, tremors

Mild Anxiety: 18+

Moderate Anxiety: 25+

Severe Anxiety: 30+