

Hamilton Anxiety Rating Scale

Patient's Name	Date of First Report
Diagnosis	Date of This Report
Current Therapy	

Instructions *This checklist is to assist the physician in evaluating each patient with respect to degree of anxiety and pathological condition. Please fill in the appropriate rating.*

- 0 None
- 1 Mild
- 2 Moderate
- 3 Severe
- 4 Severe, grossly disabling

Item	Rating	Item	Rating
Anxious Mood	Worries, anticipation of the worst, fearful anticipation, irritability.	Somatic (Sensory)	Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, picking sensation.
Tension	Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.	Cardiovascular Symptoms	Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.
Fear	Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.	Respiratory Symptoms	Pressure or constriction in chest, choking feelings, sighing, dyspnea.
Insomnia	Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.	Gastrointestinal Symptoms	Difficulty in swallowing, wind, abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.
Intellectual (Cognitive)	Difficulty in concentration, poor memory.	Genitourinary Symptoms	Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.
Depressed Mood	Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.	Autonomic Symptoms	Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.
Behavior at Interview	Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, belching, brisk tendon jerks, dilated pupils, exophthalmos.	Somatic (Muscular)	Pains and aches, twitchings, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.
Total Score			

