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
   - Ahedon
   - 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
    - A bdominal 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