

## Hamilton Anxiety Rating Scale (HARS)

Name: \_\_\_\_\_

Rater: \_\_\_\_\_

Date: \_\_\_\_\_

The Hamilton Anxiety Scale (HARS, HAM-A) consists of 14 items, each defined by a series of symptoms. Each item is rated on a 5-point scale: 0-absent; 1-mild; 2-moderate; 3-severe; 4-incapacitating. Higher scores indicate increased anxiety.

### SYMPTOMS

- |   |           |                                |           |
|---|-----------|--------------------------------|-----------|
| 1. Anxious Mood                               | 0 1 2 3 4 | 9. Cardiovascular Symptoms     | 0 1 2 3 4 |
| • worries                                     |           | • tachycardia                  |           |
| • anticipates worst                           |           | • palpitations                 |           |
|   |           | • chest pain                   |           |
|   |           | • sensation of feeling faint   |           |
| 2. Tension                                    | 0 1 2 3 4 |                                |           |
| • startles                                    |           | 10. Respiratory Symptoms       | 0 1 2 3 4 |
| • cries easily                                |           | • chest pressure               |           |
| • restless                                    |           | • choking sensation            |           |
| • trembling                                   |           | • shortness of breath          |           |
| 3. Fears                                      | 0 1 2 3 4 |                                |           |
| • fear of the dark                            |           | 11. Gastrointestinal Symptoms  | 0 1 2 3 4 |
| • fear of strangers                           |           | • dysphagia                    |           |
| • fear of being alone                         |           | • nausea or vomiting           |           |
| • fear of animal                              |           | • constipation                 |           |
|   |           | • weight loss                  |           |
| 4. Insomnia                                   | 0 1 2 3 4 |                                |           |
| • difficulty falling asleep or staying asleep |           | 12. Genitourinary Symptoms     | 0 1 2 3 4 |
| • difficulty with nightmares                  |           | • urinary frequency or urgency |           |
|   |           | • dysmenorrhea                 |           |
|   |           | • impotence                    |           |
| 5. Intellectual                               | 0 1 2 3 4 |                                |           |
| • poor concentration                          |           | 13. Autonomic Symptoms         | 0 1 2 3 4 |
| • memory impairment                           |           | • dry mouth                    |           |
|   |           | • flushing                     |           |
|   |           | • pallor                       |           |
|   |           | • sweating                     |           |
| 6. Depressed Mood                             | 0 1 2 3 4 |                                |           |
| • decreased interest in activities            |           | 14. Behavior at Interview      | 0 1 2 3 4 |
| • anhedonia                                   |           | • fidgets                      |           |
| • insomnia                                    |           | • tremor                       |           |
|   |           | • paces                        |           |
| 7. Somatic complaints—Muscular                | 0 1 2 3 4 |                                |           |
| • muscle aches or pains                       |           |                                |           |
| • bruxism                                     |           |                                |           |
| 8. Somatic complaints—Sensory                 | 0 1 2 3 4 |                                |           |
| • tinnitus                                    |           |                                |           |
| • blurred vision                              |           |                                |           |

TOTAL SCORE: \_\_\_\_\_

Adapted from Hamilton M: The assessment of anxiety states by rating, *Brit J Med Psychol* 32:50-55, 1959. Copyright 1959 The British Psychological Society. Reprinted with permission.