

Hamilton Anxiety Scale

We Level Up



Take Our Free Hamilton Anxiety Rating Scale.

The Hamilton Anxiety Rating Scale (HAM-A) is a widely used instrument in the field of mental health to assess the severity of anxiety symptoms in individuals. It was developed by Max Hamilton in the late 1950s. The HAM-A consists of 14 items, each representing a different symptom of anxiety. Clinicians use the scale to evaluate the presence and intensity of anxiety symptoms during a clinical interview.

*By taking this free quiz, you may obtain your results online and in your email box. You'll have the opportunity to opt-in to learn more about your symptoms, talk to a mental health consultant and join our newsletter. Rest assured your information is private and confidential. Results, consultations and assessment are provided without any cost to you and without any obligation. If you do not wish to provide your contact information, you may omit it during your quiz. Thank you for opting in and participating. To you best of health.

Check the answer that identifies most of you

1. Name:

2. Phone:

A: 0 points - B: 1 points - C: 2 points - D: 3 points - E: 4 points

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

- a. No present
- b. Mild
- c. Moderate
- d. Severe
- e. Very severe

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

- a. No present
- b. Mild
- c. Moderate
- d. Severe
- e. Very severe

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

- a. No present
- b. Mild
- c. Moderate
- d. Severe
- e. Very severe

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

- a. No present
- b. Mild
- c. Moderate
- d. Severe

e. Very severe

7. Difficulty in concentration, poor memory

- a. No present
- b. Mild
- c. Moderate
- d. Severe
- e. Very severe

8. Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.

- a. No present
- b. Mild
- c. Moderate
- d. Severe
- e. Very severe

9. Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.

- a. No present
- b. Mild
- c. Moderate
- d. Severe
- e. Very severe

10. Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.

- a. No present
- b. Mild
- c. Moderate
- d. Severe
- e. Very severe

11. Tachycardia, palpitations, pain in the chest, throbbing of vessels, fainting feelings, missing beat.

- a. No present
- b. Mild
- c. Moderate
- d. Severe
- e. Very severe

12. Pressure or constriction in chest, choking feelings, sighing, dyspnea.

- a. No present
- b. Mild
- c. Moderate
- d. Severe
- e. Very severe

13. Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.

- a. No present
- b. Mild
- c. Moderate
- d. Severe
- e. Very severe

14. Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.

- a. No present
- b. Mild
- c. Moderate
- d. Severe
- e. Very severe

15. Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.

- a. No present
- b. Mild
- c. Moderate
- d. Severe
- e. Very severe

16. Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.

- a. No present
- b. Mild
- c. Moderate
- d. Severe
- e. Very severe

Check the results

0-10 points: No Indication of Anxiety Disorder

Your answers suggest that there is Little or No indication that you are experiencing symptoms common among people with Anxiety Disorder. However, this quiz is no substitute for a proper diagnosis from a health care professional and we would encourage you to schedule an appointment with your doctor or other mental health professional to address any concerns.

11-19 points: Moderate Indication of Anxiety Disorder

Your answers suggest a Moderate indication that you are experiencing symptoms common among people with **Anxiety Disorder**. However, this quiz is no substitute for a proper diagnosis from a health care professional and we would encourage you to schedule an appointment with your doctor or other mental health professional to address any concerns.

Get a Free assessment, Free consultation, and Free answers to your questions 24/7. Without any obligation.

20-29 points: Indication of Moderate to Severe Anxiety Disorder

Your answers suggest that there is an indication that you are experiencing symptoms common among people with **Moderate to Severe Anxiety Disorder**. However, this quiz is no substitute for a proper diagnosis from a health care professional. We encourage you to schedule an appointment with your doctor or your mental health professional.

We Level Up treatment center provides world-class care with round-the-clock medical professionals available to help you cope.

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+30 points: Strong Indication of Severe Anxiety Disorder

Your answers suggest that there is a strong indication that you are experiencing symptoms common among people with ***Severe Anxiety Disorder***. However, this quiz is no substitute for a proper diagnosis from a health care professional. We encourage you to schedule an appointment with your doctor or your mental health professional.

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