**HAM-A: Hamilton Anxiety Scale** [1]

**Developed by Dr. Max Hamilton, 1959**

**Description**

- **Length/Time:** 14 items, 10-15 minutes to administer and score
- **Developed by:** Max Hamilton, 1959
- **Target Population:** Children, adolescents, and adults
- **Intended Settings:** Clinical and research
- **Assesses:** The severity of anxiety symptoms
- **Administered by:** Patient Interview

**Evidence**

- The reliability and the concurrent validity of the HAM-A and its sub-scales proved to be sufficient (Maier, et al, 1988)
- The most widely used semi-structured assessment scale in treatment outcome studies of anxiety (Bruss, et al, 1994)

**Indications**

- A test that measures overall anxiety, psychic anxiety, and somatic anxiety. It is also known as the Hamilton Anxiety Rating Scale (HARS)

**Advantages:**

- Shows a satisfactory degree of consistency (Beneke, 1987)

**Limitations:**

- Anxiolytic and antidepressant effects cannot be clearly distinguished (Maier, et al, 1988)
- Unsuitable for differential diagnosis...has relatively poor resolution (Beneke, 1987)
- Poor ability to discriminate between anxiolytic and antidepressant effects

**View References**


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