

# HILLSBORO CLINIC

Excellence in Primary Care



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PATIENT: \_\_\_\_\_ DOB: \_\_\_\_\_

## HAM Form

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

0 Card Number (0=none, 1=mild, 2=moderate, 3=severe/grossly disabling)

- 1 **Anxious Moods**  
Worries, anticipation of the worst, fearful anticipation, irritability
- 2 **Tension**  
Feeling of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax
- 3 **Fears**  
Of dark, of strangers, of being left alone, of animals, of traffic, of crowds
- 4 **Insomnia**  
Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors
- 5 **Intellectual (cognitive)**  
Difficulty in concentration, poor memory
- 6 **Depressed Mood**  
Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing
- 7 **Somatic (muscular)**  
Pains and aches, twitchings, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone
- 8 **Somatic (sensory)**  
Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, picking sensation
- 9 **Cardiovascular Symptoms**  
Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat
- 10 **Respiratory Symptoms**  
Pressure or constriction in chest, choking feelings, sighing, dyspnea
- 11 **Gastrointestinal Symptoms**  
Difficulty in swallowing, wind, abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation
- 12 **Genitourinary Symptoms**  
Frequency of micturition, urgency of micturation, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence
- 13 **Autonomic Symptoms**  
Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair
- 14 **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