

PANIC DISORDER

ONE QUESTION

“Do you have anxiety or panic attacks?”

If the person isn't sure, you can elaborate by describing this as “a sudden rush of fear and nervousness that makes your heart pound and makes you afraid you're going to die or go crazy”.

AGORAPHOBIA

“Have you had to limit where you can go because of your anxiety?”

PANIC ATTACK SYMPTOMS (From DSM-IV)

A discrete period of intense fear or discomfort, in which four or more symptoms develop abruptly and reach a peak within 10 minutes:

1. Palpitations, pounding heart or accelerated heart rate
2. Sweating
3. Trembling or shaking
4. Sensations of shortness of breath or smothering
5. Feeling of choking
6. Chest pain or discomfort
7. Nausea or abdominal distress
8. Feeling dizzy, unsteady, lightheaded, or faint
9. Depersonalization (feelings of unreality) or depersonalization (being detached from oneself)
10. Fear of losing control or going crazy
11. Fear of dying
12. Numbness or tingling
13. Chills or hot flushes