

Panic Disorder

Part 1

A panic attack is an abrupt surge of intense fear or intense discomfort that reaches a peak within minutes, and during which time four (or more) of the following symptoms occur:

- Palpitations, pounding heart, or accelerated heart rate.
- Sweating.
- Trembling or shaking.
- Sensations of shortness of breath or smothering.
- Feelings of choking.
- Chest pain or discomfort.
- Nausea or abdominal distress.
- Feeling dizzy, unsteady, light-headed, or faint.
- Chills or heat sensations.
- Paresthesias (numbness or tingling sensations)
- Derealization (feelings of unreality) or depersonalization (being detached from oneself).
- Fear of losing control or going crazy.
- Fear of dying.

Part 2

At least one of the attacks has been followed by 1 month (or more) of one or both of the following:

- Persistent concern or worry about additional panic attacks or their consequences (e.g., losing control, have a heart attack, going crazy).
- A significant maladaptive change in behavior related to the attacks (e.g., behaviors designed to avoid having attacks, such as avoidance of exercise or unfamiliar situations).

If you checked off at least four (or more) in part 1 and any questions in part 2, you should see a professional help.