Panic Disorder Self-Report Scale*

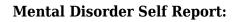
Patient Name:	Date:	
Panic attacks are discrete episodes of intense fear, apprehension physical symptoms. Panic attacks can either occur for no apparentering into or being in situations which have become associat spaces, driving over bridges). Do not consider fear to be a panic the day.	ent reason (spontaneo ted with them (e.g., los	usly) or upon ng lines, closed
 During the last 6 months, have you had a panic attack or a sudden rush of intense fear or anxiety? (Circle your answer) 	No	Yes
When was the most recent time this occurred?	Date:	-
If NO (you have not experienced a panic attack), please leave the national of the please continue.	emainder of this form b	lamk.
Was at least 1 panic attack unexpected, as if it came out of the blue?	No	Yes
3. Did it happen more than once?	No	Yes
4. If YES to 3, approximately how many panic attacks have you had in your lifetime?		
If NO to 1, 2, and 3, please leave the remainder of this form blank	, otherwise continue.	949
 Have you ever worried a lot (for at least 1 month) about having another panic attack? 	No	Yes
6. Have you ever worried a lot (at least 1 month) that having the attacks meant you were losing control, going crazy, having a heart attack, seriously ill, etcetera?	No	Yes
7. Did you ever change your behavior or do something different (for at least 1 month) because of the attacks?	No	Wes
If YES to 5, 6 OR 7 please answer the following questions:	3.00	
Think back to your most severe panic attack. Did you experience any o	f the following sympton	157
8. Shortness of breath or smothering sensations?	No	Yes
9. Feeling dizzy, unsteady, lightheaded, or faint?	No	Yes
10. Palpitations, pounding heart, or rapid heart rate?	No	Yes
11. Trembling or shaking?	No	Yes.
12. Sweating?	No	Yes
13. Feelings of choking?	No	Yes
14. Nausea or abdominal distress?	No	Yes
15. Numbness or tingling sensations?	No	Yies
16. Flushes (hot flashes) or chills?	No	Yes
17. Chest pain or discomfort?	No	Yes
18. Fear of dying?	No	Yes

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