PANIC SYNDROME

PANIC SYNDROME CRITERIA

Have you ever had an attack of being really nervous, when you suddenly felt scared, nervous or really uncomfortable?

IF YES: Tell me about it. When does that happen?

When was the last bad one? What was the first thing you noticed? Then what?

Panic Attack: A discrete period of intense fear or discomfort, in which **at least four** of the following symptoms developed abruptly and reached a peak **within ten minutes**.

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

↑

GO TO ***AWOPD*** F. 31

During that attack…

…did your heart race, pound or skip?

1) palpitations, pounding heart, or accelerated heart rate?

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

…did you sweat?

2) sweating

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

…did you shake?

3) trembling or shaking

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

…did you feel like you couldn't breathe, or like you couldn't get enough air?

4) sensations of shortness of breath or smothering

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

…did you feel like you were choking?

5) feeling of choking

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

…did your chest hurt? or did you feel like something was pushing hard on your chest?

6) chest pain or discomfort

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

…did your stomach hurt? Did you feel like you were going to throw up? Did you feel like you were going to have diarrhea (like you had to go to the bathroom)?

7) nausea or abdominal discomfort

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

…did you feel like you were dizzy, or like you were going to pass out or fall down?

8) feeling dizzy, unsteady, lightheaded or faint

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

…did it feel like things around you were different (fake, not real). Did you feel like the world was far away from you, or that you were far away from your body?

9) derealization (feelings of unreality) or depersonalization (being detached from oneself)

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

…were you afraid you were going crazy? Were you afraid you were going to lose it (lose control)

10) fear of losing control or going crazy

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

…were you afraid you could die?

11) fear of dying

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

…did you feel a tingling in your body (lips or fingers or toes)? Did it seem like you couldn't feel parts of your body?

12) paresthesias (numbness or tingling sensations)

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

…did you feel cold all over (get chills) or feel hot (flushed)?

13) chills or hot flushes

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

?	1	2	3

↑

PANIC ATTACK CRITERIA MET (Abrupt attack with at least four symptoms peaking **within ten minutes**)

GO TO
AWOPD
F. 31

IF PANIC ATTACK IN UNEXPECTED SITUATIONS: Did you ever have one of these attacks when you weren't expecting it? (When there was no reason for it?) (sometime when you weren't in [THE EXPECTED SITUATION])
(How often has that happened?)

IF RECURRENT UNEXPECTED ATTACKS Did you worry a lot about having another one? (Did you worry that something was really wrong with you?) Did you do anything different because of the attacks (like stay home more, see your friends less, not go to certain places)?

A. Both 1) and 2):

1) recurrent unexpected panic attacks

2) at least one of the attacks has been **followed by a month (or more)** of: (a) persistent concern about having additional attacks; (b) worry about the implications of the attack or its consequences (e.g., losing control, having a heart attack, "going crazy"); or (c) a significant change in behavior related to the attacks

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

Just before you began having panic attacks, were you taking any drugs or medicines?

(How much soda, tea or coffee do you drink a day?)

Were you physically sick? (What did the doctor say? What did your family say?)

IF ANY OF THESE ORGANIC FACTORS WERE PRESENT JUST BEFORE THE PANIC ATTACKS: Did you ever have one of these attacks when you were not (taking a lot of drugs or medicines or using a lot of caffeine or physically sick?)

C. The panic attacks are not due to the direct effects of a substance (e.g., drugs of abuse, medication) or a general medical condition (e.g., hyperthyroidism).

IF ORGANIC FACTOR, DESCRIBE

Established organic factors include: hyper- and hypo-thyroidism, pheochromocytoma, fasting hypoglycemia, hypercortisolism, stimulant intoxication (e.g., caffeine, cocaine, amphetamine), cannabis and hallucinogen intoxication, withdrawal states.

NOTE: CODE "3" IF SUBSTANCE USE OR PHYSICAL ILLNESS WAS NOT ETIOLOGIC TO PANIC ATTACKS

D. The anxiety is not better accounted for by another mental disorder, such as Obsessive-Compulsive Disorder (e.g., fear of contamination), Posttraumatic Stress Disorder (e.g., in response to stimuli associated with a severe stressor), Separation Anxiety Disorder, or Social Phobia (e.g., fear of embarrassment in social situations).

IF NOT OBVIOUS FROM OVERVIEW: Have there been things you stopped doing, or places you stopped going to, because you were worried (scared) you might have an attack?

(Tell me all the things you wouldn't do; or you could do only if someone went with you; or you could do only by making yourself do it.)

IF CANNOT GIVE SPECIFICS: What about:

…being at home alone?

…going to a big store alone?

B. The presence of agoraphobia:
(1) anxiety about being in places or situations from which escape might be difficult (or embarrassing) or in which help may not be available in the event of having an unexpected or situationally predisposed panic attack. Agoraphobic fears typically involve characteristic clusters of situations that include being outside the home alone: being in a crowd or standing in a line; being on a bridge; and traveling in a bus, train, or car.

	?	1	2	3
CHI				
PAR				
OTH				
BEST		↑		↑

R/O GENMED ANXIETY SYNDROME

GO TO ***AWOPD*** F. 31

NO ORGANIC ETIOLOGY

CONTINUE

?	1	2	3

	?	1	2	3
CHI				
PAR				
OTH				
BEST		↑		

PANIC DISORDER WITHOUT AGORAPHOBIA

GO TO ***GENMED*** F. 34

…walking far away from home alone?

…crossing busy or wide streets alone?

…being alone in a crowded place - like a movie theater, or church?

…using the bus, train, or subway, or riding in a car (driving a car)?

NOTE: CONSIDER THE DIAGNOSIS OF SPECIFIC PHOBIA IF LIMITED TO ONE OR ONLY A FEW SPECIFIC SITUATIONS, OR SOCIAL PHOBIA IF THE AVOIDANCE IS LIMITED TO SOCIAL SITUATIONS.

IF NOT OBVIOUS: Did staying away from (AGORAPHOBIC SITUATIONS) really change things for you (make your life different)?

(2) Agoraphobic situations are avoided (e.g., travel is restricted), or else endured with marked distress or with anxiety about having a panic attack, or require the presence of a companion.

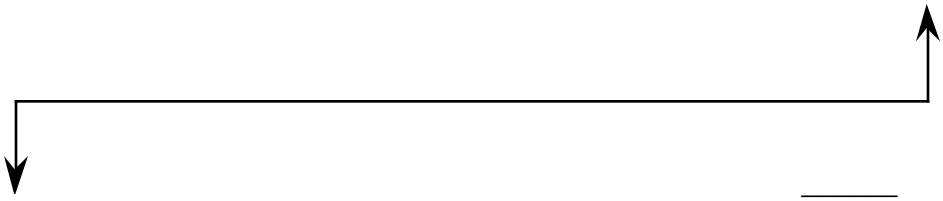
	?	1	2	3
CHI				
PAR				
OTH				
BEST		↑		↑

PANIC DISORDER WITHOUT AGORA-PHOBIA	PANIC DISORDER WITH AGORA-PHOBIA

IF UNCLEAR: During the past month, how many panic attacks have you had?

Has met symptomatic criteria for Panic Disorder **during past month**, i.e., **at least 4** panic attack symptoms OR persistent fear of having a panic attack (or agoraphobia)

	?	1	2	3
CHI				
PAR				
OTH				
BEST				



When was the last time you had (ANY SX OF PANIC DISORDER)?

Number of months prior to interview when last had a symptom of Panic Disorder

_____ _____

?=inadequate information 1=absent or false 2=subthreshold 3=threshold or true