



## Panic Attack/Panic Disorder Assessment

If you are one of the estimated 6% of the population who experiences panic attacks, you already know how devastating and debilitating panic can be. Furthermore, since the tendency to experience panic attacks tends to be genetic, and triggered by any sudden or unexpected change (even “good” stress is still stress), the effects can be cumulative over time. Untreated panic attacks can occasionally lead to panic disorder, a chronic condition that can severely disrupt daily life activities.

If you suspect you may be suffering from panic attacks or panic disorder, you can use the simple assessment below to determine the next best step for seeking professional help.

**Instructions:** Put a check mark by each item that matches the symptoms that you experience. When you have answered all of the questions, enter your name and email address to receive your confidential Panic Assessment report.

<b>Suddenly and without warning, along with intense fear or discomfort, have you experienced ...</b>	✓
1. shortness of breath or a smothering sensation?	
2. heart palpitations, pounding heart, or accelerated heart rate?	
3. chest pain or discomfort in your chest?	
4. trembling or shaking?	
5. sweating?	
6. hot or cold flashes?	
7. nausea or stomach discomfort?	
8. feel dizzy, lightheaded, faint, or unsteady?	
9. numbness or tingling sensations?	
10. a feeling of choking?	
11. a feeling of detachment from yourself or feeling of being removed from reality?	
12. fear that you will lose control or feel you are going crazy?	
13. fear that you will die?	
<b>Panic Disorder Symptoms</b>	
15. Do you experience frequent, unexpected panic attacks?	
16. Have you worried for over a month that you will have another panic attack?	
17. Do you avoid places where you've had a panic attack or changed your behavior in any way because of panic attacks?	



18. Do you have irritable bowel syndrome (stomach cramps, abdominal pain, bloating, constipation, and diarrhea)?	
19. Do you suffer from chronic fatigue?	
20. Do you have mitral valve prolapse (one of the heart's valves doesn't close properly)?	

<b>My Name Is:</b>	
<b>My Email Address Is:</b>	

*Look forward to your Panic Assessment report arriving in your inbox soon!*

This confidential assessment tool is provided courtesy of the Southlake Center