

## PANIC DISORDER SELF-TEST (2pages)

### HOW CAN I TELL IF IT'S PANIC DISORDER?

If you suspect you suffer from panic disorder, complete the following self-test. Click the "yes" or "no" boxes next to each question, then print out the test and show the results to your health care professional.

Are you troubled by:

YES	NO	
		Repeated, unexpected "attacks" during which you suddenly are overcome by intense fear or discomfort, for no apparent reason?

During this attack, did you experience any of these symptoms?

YES	NO	
		Pounding heart
		Sweating
		Trembling or shaking
		Shortness of breath
		Choking
		Chest pain
		Nausea or abdominal discomfort
		"Jelly" legs
		Dizziness
		Feelings of unreality or being detached from yourself
		Fear of dying
		Numbness or tingling sensations
		Chills or hot flashes
		Do you experience a fear of places or situations where getting help or escape might be difficult, such as in a crowd or on a bridge?
		Does being unable to travel without a companion trouble you?

For at least one month following an attack, have you:

YES	NO	
		Felt persistent concern about having another one?
		Worried about having a heart attack or going "crazy"?
		Changed your behavior to accommodate the attack?

If you have more than one illness at the same time it can be difficult to diagnose and treat the different conditions. Illnesses that sometimes complicate an anxiety disorder include depression and substance abuse. With this in mind, please answer these questions:

YES	NO	
		Have you experienced changes in sleeping or eating habits?

More days than not, do you feel:

YES	NO	
		Sad or depressed?
		Disinterested in life?
		Worthless or guilty?

During the last year, has the use of alcohol or drugs:

YES	NO	
		Resulted in your failure to fulfill responsibilities with work, school, or family?
		Placed you in a dangerous situation, such as driving a car under the influence?
		Gotten you arrested?
		Continued despite causing problems for you and/or your loved ones?

**Reference:**

Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition. Washington, DC, American Psychiatric Association, 1994.