
PANIC DISORDER CHECKLIST

This checklist is designed as a measure of disorder symptomatology. It must be interpreted in the context of individual client circumstances and as such should be used only in combination with a comprehensive medical and clinical assessment. It is **NOT** a stand-alone diagnostic tool.

A Panic Attack is a quick surge of intense fear or discomfort that peaks within minutes, during which time some or all of the following symptoms occur:

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| <input type="checkbox"/> Heart palpitations, pounding heart
or accelerated heart rate | <input type="checkbox"/> Nausea or unsettled stomach |
| <input type="checkbox"/> Sweating | <input type="checkbox"/> Dizziness, unsteadiness, faintness, light
headedness |
| <input type="checkbox"/> Trembling or shaking | <input type="checkbox"/> Chills or hot flushes |
| <input type="checkbox"/> Sensations of shortness of breath or
smothering | <input type="checkbox"/> Numbness or tingling sensations |
| <input type="checkbox"/> Feelings of choking | <input type="checkbox"/> Feelings of unreality or detachment |
| <input type="checkbox"/> Chest pain or discomfort | <input type="checkbox"/> Fear of losing control |
| | <input type="checkbox"/> Fear of dying |

If a patient has experienced **4 or more** of the above symptoms recurrently, followed by **at least 1 month** of persistent worry, distress or behaviour change related to preventing future **Panic Attacks**, they may be experiencing **Panic Disorder**.

In this case, it is recommended that they be referred to a psychologist for a more comprehensive assessment. To book an appointment with a psychologist, contact Strategic Psychology at **strategicpsychology.com.au**.

Reference:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5)*. Washington, D.C.: American Psychiatric Association.