

Yes No

Do you experience ongoing fatigue and low energy because of the toll the attacks take on the body and the mind? *(Typically after a panic attack recedes, people's muscles are tired from being tense and constricted, their cardiovascular system has been challenged, and they are mentally exhausted. The excessive worry, preoccupation with death, etc., drains the mind.)*

(Source: The Anxiety Disorders Association of America)

If you answered "Yes" to any of these questions, you should consult a physician.

Side Effects of Panic Disorder

Without treatment, panic disorder can have very serious consequences. The immediate danger with panic disorder is that it can often lead to a phobia. That's because once you've suffered a panic attack, you may start to avoid situations like the one you were in when the attack occurred.

Your quality of life can be severely damaged by untreated panic disorder. A recent study showed that people who suffer from panic disorder:

- are more prone to alcohol and drug abuse.
- have greater risk of attempting suicide.
- spend more time in emergency rooms.
- report feeling emotionally and physically less healthy than non-sufferers.
- are afraid of driving more than a few miles away from home.

Help Is Available

Just talking about your problems sometimes leads to new solutions. If you or someone you know needs information, guidance or help, contact the resource and number listed below or look in the Yellow Pages for local professionals who can help.

WorkLife Solutions

Employer/Employee Assistance Program

(330) 965-1234

www.comprehensiveworklife.com

PANIC DISORDER SELF-ASSESSMENT

Item #6174

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800-453-7233 - www.PIPonline.net

HelpingHand
Pamphlet Series

People with panic disorder have feelings of terror that strike suddenly and repeatedly. These experiences are called “panic attacks.” Because these attacks are unpredictable, many sufferers develop intense anxiety between episodes, worrying when and where the next attack will strike.

Those who suffer panic attacks say the experience is like having a heart attack or stroke.

Chest pains, a tingling or numb feeling in the hands, feeling flushed, chilled, weak, dizzy or smothered are all characteristics of an attack. Attacks can occur any time, even during sleep. While most attacks average a few minutes, they can last as long as 10 minutes and, in rare cases, for an hour or longer.

Panic disorder is twice as common in women as in men. It can appear at any age, but most often it begins in young adults.

How to Identify Panic Disorder

Please remember that only a licensed therapist can diagnose a panic disorder. There are certain signs you may already be aware of, though.

Many people experience occasional panic attacks, and if you have had one or two such attacks, there probably isn't any reason to worry. The key symptom of panic disorder is the persistent fear of having future panic attacks. If you suffer from repeated (four or more) panic attacks, and especially if you have had a panic attack and are in continual fear of having another, you should consider finding a mental health professional who specializes in panic or anxiety disorders.

Panic disorder is highly treatable, with a variety of available therapies. These treatments are extremely effective, but most people who have successfully completed treatment can continue to experience situational avoidance or anxiety, and further treatment might be necessary in those cases. Once treated, panic disorder doesn't lead to any permanent complications.

Panic Disorder Self-Assessment

Please note: only a licensed and trained doctor, therapist or counselor can diagnose panic disorder. If you are suffering from any of the following symptoms, you should seek help immediately! However, many of the symptoms of panic disorder do mimic other health problems. If you have already been to the doctor or ER numerous times and have been told “nothing is wrong,” it may be possible you are suffering from panic disorder. Honestly answer the following questions to decide if you might be suffering from panic disorder. Share your results with a doctor, therapist or counselor to receive help with the problem.

	Yes	No
Are you troubled by repeated and unexpected “attacks” of intense fear or discomfort for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>
During such attacks, do you experience at least four of the following symptoms?		
• Pounding heart	<input type="checkbox"/>	<input type="checkbox"/>
• Sweating	<input type="checkbox"/>	<input type="checkbox"/>
• Trembling or shaking	<input type="checkbox"/>	<input type="checkbox"/>
• Shortness of breath	<input type="checkbox"/>	<input type="checkbox"/>
• Choking	<input type="checkbox"/>	<input type="checkbox"/>
• Chest pain	<input type="checkbox"/>	<input type="checkbox"/>
• Nausea or abdominal discomfort	<input type="checkbox"/>	<input type="checkbox"/>

	Yes	No
• “Jelly” legs	<input type="checkbox"/>	<input type="checkbox"/>
• Dizziness	<input type="checkbox"/>	<input type="checkbox"/>
• A feeling of unreality or being detached from yourself	<input type="checkbox"/>	<input type="checkbox"/>
• Fear of losing control	<input type="checkbox"/>	<input type="checkbox"/>
• Going crazy	<input type="checkbox"/>	<input type="checkbox"/>
• Fear of dying	<input type="checkbox"/>	<input type="checkbox"/>
• Numbness or tingling sensations	<input type="checkbox"/>	<input type="checkbox"/>
• Chills or hot flashes	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a fear of places or situations where escape or getting help might be difficult, such as a crowded room or traffic jam?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a fear of being unable to travel without a companion?	<input type="checkbox"/>	<input type="checkbox"/>
For at least a month following an attack, have you felt persistent:		
• Concern about having another attack?	<input type="checkbox"/>	<input type="checkbox"/>
• Worry about going crazy?	<input type="checkbox"/>	<input type="checkbox"/>
Do you need to change your behavior to accommodate the attack?	<input type="checkbox"/>	<input type="checkbox"/>
Do you suffer from excessive worry about going crazy, or losing control?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had repeated visits to emergency rooms, or doctors' offices, because of a fear of a heart attack, or fear of going mad, only to find that you are healthy?	<input type="checkbox"/>	<input type="checkbox"/>
Do you frequently miss days from work, school and other obligations?	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience depression, either before or after onset of panic attacks?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel embarrassed or ashamed because you feel powerless to the disorder?	<input type="checkbox"/>	<input type="checkbox"/>