

Panic disorder

Panic disorder is closely linked to agoraphobia. To be formally diagnosed with panic disorder, you will experience recurrent and unexpected panic attacks. Panic attacks are sudden surges of intense fear or discomfort that reach a peak within minutes and can feel like they have ‘come out of the blue’.

To be formally diagnosed with panic disorder, you will experience four or more of the following symptoms. Tick those symptoms that apply to you.

| Symptoms | Tick if applies to you |
|---|------------------------|
| Palpitations, heart pounding/racing | |
| Sweating | |
| Trembling or shaking | |
| Shortness of breath or feeling of being smothered | |
| Choking sensation | |

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| Chest pain | |
| Feeling sick | |
| Tummy upset or discomfort | |
| Dizziness, light-headedness, feeling unsteady or faint | |
| Feeling chills or heat sensations | |
| Numbness or tingling | |
| Feelings of unreality or like you are detached from yourself | |
| Fear of losing control or 'going mad' | |
| Fear that you are going to die | |