

Table 10-22: Panic Disorder

Panic Disorder	Diagnosed by the following
	<p>(1) recurrent <i>panic attacks</i> (see below); and</p> <p>(2) at least one of the attacks has been followed by one month or more of one or more of the following:</p> <ul style="list-style-type: none"> • Persistent concern about having additional attacks • Worry about the implications of the attack or its consequences (i.e. losing control, having a heart attack, “going crazy”); or • A significant change in behavior related to the attacks
Panic attack	Diagnosed with or without <i>agoraphobia</i> (see below), is defined as <i>a discrete period of intense fear or discomfort, in which four (or more) of the following symptoms developed abruptly and reached a peak within 10 minutes:</i>
	<ul style="list-style-type: none"> • Palpitations, pounding heart, or accelerated heart rate • Sweating • Trembling or shaking • Sensations of shortness of breath or smothering • Feeling of choking • Chest pain or discomfort • Nausea or abdominal distress • Feeling dizzy, unsteady, lightheaded or faint • Derealization (feeling of unreality) or depersonalization (being detached from oneself) • Fear of losing control or going crazy • Fear of dying • Parasthesias (numbness or tingling sensations) • Chills or hot flashes
Agoraphobia	includes the following:
	<ul style="list-style-type: none"> • Anxiety about being in places or situations in which escape might be difficult (or embarrassing) or in which help may not be available in the event of having an unexpected or situationally predisposed panic attack or panic-like symptoms. Agoraphobic fears typically involve characteristic clusters of situations that include being outside the home alone; being in a crowd or standing in line; being on a bridge; and traveling in a bus, train or automobile. • The patient avoids the situations (e.g. travel is restricted) or else endures marked distress or anxiety about having a panic attack or panic-like symptoms, or requires the presence of a companion. • The anxiety or phobic avoidance is not better accounted for by another mental disorder.

