

Panic Disorder Diagnostic Questionnaire

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Panic Disorder Diagnostic Criteria Questionnaire

This questionnaire is based on the DSM-5 criteria for panic disorder. Answer **Yes** or **No** to each question. If you answer "Yes" to several questions, it may indicate the need to consult a mental health professional for a thorough evaluation.

Part A: Panic Attacks

1. Have you experienced recurrent and unexpected episodes of intense fear or discomfort that reached a peak within minutes?
2. During these episodes, have you experienced four or more of the following symptoms?
 - Palpitations, pounding heart, or accelerated heart rate
 - Sweating
 - Trembling or shaking
 - Shortness of breath or feeling smothered
 - Feeling of choking
 - Chest pain or discomfort
 - Nausea or abdominal distress
 - Feeling dizzy, unsteady, lightheaded, or faint
 - Chills or heat sensations
 - Numbness or tingling sensations
 - Feelings of unreality or being detached from oneself
 - Fear of losing control or "going crazy"
 - Fear of dying

Part B: Aftermath of Panic Attacks

3. Following one or more panic attacks, have you experienced at least one month of:
- Persistent concern or worry about having additional panic attacks or their consequences?
 - A significant change in your behavior, such as avoiding situations or activities, due to fear of having a panic attack?

Part C: Exclusion of Other Causes

4. Are your panic attacks and the related worry not caused by the effects of substances (e.g., drugs or medications) or a medical condition (e.g., hyperthyroidism)?
5. Are your symptoms not better explained by another mental health disorder (e.g., social anxiety disorder, specific phobias, obsessive-compulsive disorder, PTSD, or separation anxiety disorder)?

Scoring

- If you answered Yes to Part A, Question 1 and at least four symptoms in Question 2, proceed to assess Parts B and C.
- A diagnosis of panic disorder requires Yes answers to:
 - All of Part A
 - At least one question in Part B
 - Both questions in Part C

This questionnaire is not a diagnostic tool but can help identify whether your experiences align with the DSM-5 criteria for panic disorder. If you answered "Yes" to the required sections, consider seeking professional guidance for further evaluation and support.