

# Panic Distress Questionnaire

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Questions about panic.

No Yes

In the last 4 weeks, have you had an anxiety attack - suddenly feeling fear or panic?

• Has this ever happened before?

• Do some of these attacks come suddenly out of the blue - that is, in situations where you don't expect to be nervous or uncomfortable?

• Do these attacks bother you a lot or are you worried about having another attack?

• Do you find yourself going to great lengths to avoid being in situations that might cause you to have a panic attack?

## Think about your last bad panic attack.

No Yes

Were you short of breath?

Did your heart race, pound, or skip?

Did you have chest pain or pressure?

Did you sweat?

Did you feel as if you were choking?

Did you have hot flashes or chills?

Did you have nausea, an upset stomach, or diarrhea?

Did you feel dizzy, unsteady, or faint?

Did you have tingling or numbness in parts of your body?

Did you tremble or shake?

Were you afraid you were dying?

Did you feel like things were "unreal" or that you were "detached" from your body?

Were you afraid of losing control or "going crazy"?