Panic Disorder Cheat Sheet

by Eljiin via cheatography.com/200545/cs/42355/

DSM 5 Diagnostic Criterion

Recurrent unexpected **Panic Attack**

≥ **1 month** of (1) persistent concern OR (2) maladaptive behavior

Criteria Panic Attack

Peak at 10 minute

≥ 4 symptoms

Palpitations, pounding heart, or accelerated heart rate.

Sweating

Trembling or shaking

Sensations of shortness of breath or smothering

Feelings of choking

Chest pain or discomfort

Nausea or abdominal distress

Feeling dizzy, unsteady, light-headed, or faint

Chills or heat sensations

Paresthesias (numbness or tingling sensations)

Derealization (feelings of unreality) or depersonalization (being detached from oneself)

Fear of losing control or “going crazy”

Fear of dying

Maladaptive change in behavior

Avoidance of a particular situations	Agoraphobia
	fear of the occurrence of a panic attack ⇒ avoid situation where panic attack are expected to occur
Intero-ceptive Avoidance	Avoidance of internal bodily sensation

Maladaptive change in behavior (cont)

	Example: Avoidance of exercises, sex, caffeine, alcohol, scary movies, etc.
Safety seeking Behaviors	Behaviors to avoid disasters (negative reinforcement of the danger of panic attacks)
	Example: Frequent attendance at medical facilities for fear of medical problems, carrying antianxiety medicine
Experi-ential Avoidance	Unwillingness to experience fear and anxiety (interference with Exposure therapy)
	Example: saying that you have a heart attack instead of acknowledging your panic attack

Epidemiology

Prevalence	4-6%
Gender	2F:1M
Age of onset	24 years old

Comorbidity

Anxiety disorders	Specific phobias, social phobia, and agoraphobia
Mood Disorder	Panic disorder precedes the onset of major depressive disorders (33%)
Substance use disorder	Alcohol, drugs, etc.

Etiology

David Clark Theory of Panic	Bodily/Psychological symptoms (e.g. dizziness, palpitations)
	Catastrophic misinterpation (e.g. "I might collapse, go crazy, have a heart attack, choke or suffocate")
	Maladaptive Safety behaviors (e.g. Avoid situations and check my pulse excessively)
Reiss & McNally Theory of Panic	Anxiety Sensitivity (“fear of anxiety”)

Treatment

Medication

SSRIs

Alprazolam (antianxiety drugs)

CBT

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