



1115 Bethel Road, 1st Floor 43220 Phone (614) 538-0353

Above all else, guard your heart, for out of it flows the Wellspring of life.

Proverbs 4:23

MENTAL HEALTH ISSUES

Panic Disorder

Potential Symptoms / Causes

A. Recurrent unexpected Panic Attacks

Criteria for Panic Attack:

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:

1. palpitations, pounding heart, or accelerated heart rate
2. sweating
3. trembling or shaking
4. sensations of shortness of breath or smothering
5. feeling of choking
6. chest pain or discomfort
7. nausea or abdominal distress
8. feeling dizzy, unsteady, lightheaded, or faint
9. feelings of unreality or depersonalization (being detached from oneself)
10. fear of losing control or going crazy
11. fear of dying
12. numbness or tingling sensations
13. chills or hot flushes

B. At least one of the attacks has been followed by 1 month (or more) of one (or more) of the following:

1. persistent concern about having additional attacks
2. worry about the implications of the attack or its consequences (e.g., losing control, having a heart attack, "going crazy")
3. a significant change in behavior related to the attacks



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- C. The Panic Attacks are not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition (e.g., hyperthyroidism).
- D. The Panic Attacks are not better accounted for by another mental disorder, such as Social Phobia (e.g., occurring on exposure to feared social situations), Specific Phobia (e.g., on exposure to a specific phobic situation), Obsessive-Compulsive Disorder (e.g., on exposure to dirt in someone with an obsession about contamination), Posttraumatic Stress Disorder (e.g., in response to stimuli associated with a severe stressor), or Separation Anxiety Disorder (e.g., in response to being away from home or close relatives).

Panic Disorder With Agoraphobia

- A. Meets the criteria for Panic Disorder
- B. The presence of Agoraphobia:
 1. Anxiety about being in places or situations from 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 a line; being on a bridge; and traveling in a bus, train, or automobile.

Note: Consider the diagnosis of Specific Phobia if the avoidance is limited to one or only a few specific situations, or Social Phobia if the avoidance is limited to social situations.
 2. The situations are avoided (e.g., travel is restricted) or else are endured with marked distress or with anxiety about having a Panic Attack or panic-like symptoms, or require the presence of a companion.



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3. The anxiety or phobic avoidance is not better accounted for by another mental disorder, such as Social Phobia (e.g., avoidance limited to social situations because of fear of embarrassment), Specific Phobia (e.g., avoidance limited to a single situation like elevators), Obsessive-Compulsive Disorder (e.g., avoidance of dirt in someone with an obsession about contamination), Posttraumatic Stress Disorder (e.g., avoidance of stimuli associated with a severe stressor), or Separation Anxiety Disorder (e.g., avoidance of leaving home or relatives).

Panic Disorder Without Agoraphobia

- A. Meets the criteria for Panic Disorder
- B. Absence of Agoraphobia

Alternative Causes

Anxiety Disorder Due to a General Medical Condition; Substance-Induced Anxiety Disorder; other Anxiety Disorder; Psychotic Disorders; Social Phobia; Specific Phobia; Obsessive-Compulsive Disorder; Posttraumatic Stress Disorder; Separation Anxiety Disorder; Delusional Disorder