

Understanding the Severity of the Panic Disorder

When planning interoceptive exposure therapy to treat panic disorder, it is essential to understand its severity and frequency.

This worksheet tracks the impact of the client's panic disorder between sessions.

The following is a typical list of symptoms experienced during a panic attack (modified from Ehrenreich, Mattis, & Pincus, 2008).

- Rapid heart rate
- Feeling of choking
- Numbness or tingling of muscles or skin
- Sweating
- Trembling
- Breathlessness
- Nausea
- Dizziness
- Feelings of unreality or going crazy
- Fear of dying

Considering the above list (experiencing two or more, most likely, signifies a panic attack).

Ask yourself, in the last week:

Questions:	Answer	Other comments
How many panic attacks have you experienced?		
How distressing or upsetting did they tend to be? (0 - not at all to 4 - extreme)		
How anxious have you been regarding when your next panic attack will occur? (0 - not at all to 4 - extreme)		

Questions:	Answer	Other comments
Are you feeling more or less in control of your feelings of panic?		
What has changed (for the better or worse)?		

References

- Ehrenreich, J. T., Mattis, S. G., & Pincus, D. (2008). *Mastery of anxiety and panic for adolescents: Riding the wave: Therapist guide*. Oxford University Press.

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