

PANIC AND ANXIETY RATING SCALE

Please circle the response for each item that best describes your experience over the past month. If more than one choice applies, circle all that letters that apply.

PLEASE NOTE: Panic attacks are episodes of intense anxiety associated with physical symptoms such as shortness of breath, increased heart rate, etc.

1. Unexpectedness of panic attacks
 - a. My panic attacks usually come on out of the blue, without obvious triggers.
 - b. I can usually identify what triggers my panic attacks (social situations, an argument, other stressors)

2. Frequency of panic attacks
 - a. I have panic attacks multiple times per day.
 - b. I have about one panic attack per day.
 - c. I don't have daily panic attacks, but I have them a few times a week.
 - d. I have panic attacks a few times a month.
 - e. I have panic attacks less than once a month.

2. Symptoms of panic
My panic attacks usually include the following symptoms:
 - a. It feels like my heart is beating very quickly and strongly.
 - b. I feel short of breath.
 - c. I feel light-headed or dizzy.
 - d. I feel like I'm going to pass out.
 - e. My hands or feet feel numb/tingly.
 - f. I experience nausea.
 - g. I am afraid I'm going to have a heart attack.
 - h. I am afraid I'm going to die.
 - i. I am afraid I'm going to lose my mind/go crazy.

3. Duration of panic episodes
My panic attacks usually last
 - a. 1-2 hours
 - b. 30-60 minutes
 - c. a few minutes to half hour

4. There are things I avoid doing, or places I avoid going to, because I am afraid I will have a panic attack.
 - a. True
 - b. False

5. Avoidance (if answered "True" to #4, otherwise skip this item)
Because of panic attacks,
 - a. I avoid going out at all.
 - b. I avoid driving altogether, or driving to/in certain places.
 - c. I avoid crowded places like malls, theaters.
 - d. Other avoidance. Please specify _____