

# Panic Disorder Symptom Checklist

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Check for symptoms of panic disorder you may experience. Complete the checklist.

## Are you troubled by the symptoms of panic disorder?

- Repeated and unexpected panic attacks followed by 1 month of worry about the next attack
- Fear of being in places where escape would be difficult
- Fear of traveling without a companion

## During these attacks, did you experience:

- A skipping, racing, or pounding of your heart
- Physical symptoms such as palpitations, sweating, trembling, shortness of breath, or a choking sensation
- Feeling dizzy, unsteady, lightheaded, or faint
- Fear of losing control or going crazy
- Fear of dying
- Feeling detached

## Do you feel these symptoms interfere with your daily life?

- Yes
- No

**Please note:** This checklist is not a formal diagnostic tool. It is meant to help identify potential panic disorder symptoms. Only a health care professional can diagnose panic disorder. Other medical conditions may cause similar symptoms. Talk with your doctor.