

Panic Attack Test

Use this panic attack test to help determine if you are experiencing the symptoms of a panic attack and whether you should seek a diagnosis or treatment for panic disorder from a qualified doctor or mental health professional.

Instructions: When taking the panic attack test, please answer the questions based on the most recent incident. Think about whether or not you had each symptom during that incident.

- **Did you experience a fast heart rate or heart palpitations or a pounding heart?**
- **Were you sweating?**
- **Did you experience shaking or trembling?**
- **Did you experience shortness of breath or difficulty breathing or sensations of smothering?**
- **Did you feel like you were choking or like you couldn't swallow?**
- **Did you feel pain or discomfort or tightness in your chest?**
- **Did you feel sick to your stomach or nauseous or feel other abdominal distress?**
- **Did you feel dizzy, unsteady, lightheaded, or faint?**
- **Did you experience feelings of unreality (derealization) or feelings of being detached from yourself (depersonalization)?**
- **Did you fear that you would lose control or go crazy?**
- **Were you afraid that you were dying?**
- **Did you feel numbness or tingling sensations (paresthesias)?**
- **Did you feel chills or hot flashes?**

If you answer yes to 4 or more questions, you have experienced many symptoms of a panic attack. If these symptoms came on abruptly and reached a peak in about 10 minutes, you may have had a panic attack.

Help is available through anxiety medications and various therapies for anxiety and panic. Please print out your panic attack test and score and share it with your doctor or therapist.

Remember, this is NOT a diagnosis. Only a doctor or qualified mental health professional at Associated Counseling and Wellness Center can make a diagnosis of panic disorder and recommend treatments.

This panic attack test is based upon Diagnostic and Statistical Manual of Mental Disorders (American Psychiatric Association, 4th Ed.) criteria for panic and anxiety disorders. 2004. All rights reserved.