

## Panic Disorder Self-Report Scale\*

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Panic attacks are discrete episodes of intense fear, apprehension, or terror that are accompanied by several physical symptoms. Panic attacks can either occur for no apparent reason (spontaneously) or upon entering into or being in situations which have become associated with them (e.g., long lines, closed spaces, driving over bridges). Do not consider fear to be a panic attack if it lasts several hours or most of the day.

1. During the last 6 months, have you had a panic attack or a sudden rush of intense fear or anxiety? (Circle your answer)	No	Yes
When was the most recent time this occurred?	Date:	
<b>If NO (you have not experienced a panic attack), please leave the remainder of this form blank.</b>		
<b>If YES, please continue.</b>		
2. Was at least 1 panic attack unexpected, as if it came out of the blue?	No	Yes
3. Did it happen more than once?	No	Yes
4. <u>If YES</u> to 3, approximately how many panic attacks have you had in your lifetime?		
<b>If NO to 1, 2, and 3, please leave the remainder of this form blank, otherwise continue.</b>		
5. Have you ever worried a lot (for at least 1 month) about having another panic attack?	No	Yes
6. Have you ever worried a lot (at least 1 month) that having the attacks meant you were losing control, going crazy, having a heart attack, seriously ill, etcetera?	No	Yes
7. Did you ever change your behavior or do something different (for at least 1 month) because of the attacks?	No	Yes
<b>If YES to 5, 6 OR 7 please answer the following questions:</b>		
Think back to your most severe panic attack. Did you experience any of the following symptoms?		
8. Shortness of breath or smothering sensations?	No	Yes
9. Feeling dizzy, unsteady, lightheaded, or faint?	No	Yes
10. Palpitations, pounding heart, or rapid heart rate?	No	Yes
11. Trembling or shaking?	No	Yes
12. Sweating?	No	Yes
13. Feelings of choking?	No	Yes
14. Nausea or abdominal distress?	No	Yes
15. Numbness or tingling sensations?	No	Yes
16. Flushes (hot flashes) or chills?	No	Yes
17. Chest pain or discomfort?	No	Yes
18. Fear of dying?	No	Yes

\* Reproduced with permission from Dr. Michelle Newman. Newman MG, Holmes M, Zuellig AR, Kachin KE, Behar E. The Reliability and Validity of the Panic Disorder Self-Report: A New Diagnostic Screening Measure of Panic Disorder. *Psychol Assess.* 2006; 18 (1), 49–61.



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**Note:** Self-report tools should be reviewed by clinicians and interpreted against DSM-5 criteria in conjunction with clinical judgment.

**Note:** Question 22 has been modified to reflect DSM-5 criteria; that is, in the DSM-5, wording “reaches a peak in **less than 10 minutes**” has been changed to “**peaks within minutes**.”

### **Summary of Scoring Legend (detailed scoring legend appears below)**

If Yes to 1, 2, 3, **and** 22

AND

If Yes to 5, 6, **or** 7

AND

If Yes to >4 symptoms from questions 8–19

AND

If 20 **or** 21 is scored a minimum of 2

AND

If No to 23 **or** 24

THEN

Results are consistent with a diagnosis of panic disorder.

### ***Detailed Rationale for Scoring Legend***

The scoring system for the PDSR was devised to create a score that would best enable detection of the presence of panic disorder. For items 1, 2, 3, 5–19, and 22, “Yes” answers were coded as 1 and “No” answers as 0. If items 1–3 were not all answered “Yes,” participants were instructed not to complete the remainder of the questionnaire, as the initial 3 criteria are essential to the diagnosis of panic disorder. Items 20 and 21 were each divided by 2. Any unanswered questions were coded as 0.

Items 4, 23, and 24 were not included in the scoring system. The rationale for this scoring system was to allot 1 point to any item required for the diagnosis of panic disorder (i.e., items 1, 2, 3, and 22), as well as to items relevant to meeting diagnostic criteria (i.e., items 5–19), even if endorsing all of the items in a particular section was not required for diagnosis (i.e., for diagnosis, only 1 of items 5–7 is required and only 4 of items 8–19 are required). The latter decision was reached because we suspected that participants who endorsed a greater number of items 5–19 were more likely to meet criteria for the disorder.

The values for items 20–21 (which measure distress and interference) were divided in half because these are the only items for which the face value reaches a maximum of 4. This ensured that these items would not outweigh 1-point items too heavily. Thus, for items 20–21, participants received 1 point for moderate distress/interference (minimum required for diagnosis) and 2 points for very severe distress or interference. Similar to the reasoning above, this decision was based on the suspicion that endorsing greater severity and interference would suggest a greater likelihood that a participant would meet diagnostic criteria for panic disorder.

Item 4 was not included in the scoring system because the total number of panic attacks experienced is not crucial to meeting diagnostic criteria as long as an individual has experienced more than 1 panic attack, and this criterion is already covered by item 3. Items 23 and 24 were not included in scoring because the determination as to whether a medical condition caused panic disorder or whether

FOR CLINICIAN USE

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intoxication or withdrawal from substances is the current cause of panic attacks requires detailed questioning. Also, the exclusion of these items from the overall score of the measure did not decrease the overall sensitivity and specificity of the measure when the structured interview was used as the standard for comparison. Nonetheless, these items were retained in the questionnaire as items that could be explored with additional interviewing.