

## ***Criteria for Panic Attack***

A panic attack is an abrupt surge of intense fear or intense discomfort that reaches a peak within minutes, in which 4 (or more) of the following symptoms develop abruptly. The abrupt surge can occur from either a calm or an anxious state:

- Palpitations, pounding heart, or accelerated heart rate
- Sweating
- Trembling or shaking
- Sensation of shortness of breath or smothering
- Feeling of choking
- Chest pain or discomfort
- Nausea or abdominal distress
- Feeling dizzy, unsteady, lightheaded, or faint
- Chills or heat sensation
- Paresthesia (numbness or tingling sensation)
- Derealization (feelings of unreality) or depersonalization (being detached from oneself)
- Fear of losing control or going crazy
- Fear of dying