

Criteria for Panic Attack

A discrete period of intense fear or discomfort, in which four (or more) of the following symptoms developed abruptly and reached a peak within 10 minutes:

- (1) Palpitations, pounding heart, or accelerated heart rate
- (2) Sweating
- (3) Trembling or shaking
- (4) Sensations of shortness of breath or smothering
- (5) Feeling of choking
- (6) Chest pain or discomfort
- (7) Nausea or abdominal distress
- (8) Feeling dizzy, unsteady, lightheaded, or faint
- (9) Serialization (feelings of unreality) or depersonalization (being detached from oneself)
- (10) Fear of losing control or going crazy
- (11) Fear of dying
- (12) Paresthesia (numbness or tingling sensations)
- (13) Chills or hot flushes

(With or Without Agoraphobia)