

Panic Attack Record

Fill out one form for each separate panic attack during a two-week period.

Date: _____ Time: _____ Duration (minutes): _____

Intensity of panic (rate 5 to 10 using the Anxiety Scale at the end of this form): _____

Antecedents

1. Stress level during the preceding day (rate on a 1-10 scale where 1 is the lowest stress level and 10 is the highest): _____
2. Alone or with someone?: _____
3. If with someone, was it family member(s), friend(s), stranger(s)?: _____
4. Your mood for three hours preceding panic attack. Anxious _____; Depressed _____; Excited _____; Angry _____; Sad _____; Other (specify) _____
5. Were you facing a challenge ___ or taking it easy ___ ?
6. Were you engaging in negative or fearful thoughts before you panicked? Yes ___/No ___ If yes, what thoughts? _____
7. Were you tired ___ or rested ___ ?
8. Were you experiencing some kind of emotional upset or loss? Yes ___/No ___
9. Were you feeling hot ___ cold ___ neither ___ ?
10. Were you feeling restless or impatient? Yes ___/No ___
11. Were you asleep before you panicked? Yes ___/No ___
12. Did you consume caffeine or sugar within eight hours before you panicked? Yes ___/No ___ If yes, how much? _____
13. Have you noticed any other circumstances that correlate with your panic reactions? (specify)

Anxiety Scale

0	Relaxation	Calm; a feeling of being undistracted and at peace
1	Slight Anxiety	Passing twinge of anxiety; feeling slightly nervous
2	Mild Anxiety	Butterflies in stomach; muscle tension; definitely nervous
3	Moderate Anxiety	Feeling uncomfortable but still in control; heart starting to beat faster; more rapid breathing; sweaty palms
4	Marked Anxiety	Feeling uncomfortable or "spacey"; heart beating fast; muscles tight; beginning to wonder about maintaining control
5	Early Panic	Heart pounding or beating irregularly; constricted breathing; spaciness or dizziness; definite fear of losing control; compulsion to escape
6	Moderate Panic Attack	Palpitations; difficulty breathing; feeling disoriented or detached (feeling of unreality); panic in response to perceived loss of control
7-10	Major Panic Attack	All of the symptoms in level 6 exaggerated; terror; fear of going crazy or dying; compulsion to escape