

# Panic Disorder

Panic disorder is a mental disorder characterised by sudden, unexpected, and repeated episodes of overwhelming fear and anxiety.

## Common Symptoms



Extreme fear and anxiety



Fear of impending doom or a feeling of being out of control



Physical symptoms during a panic attack, such as a pounding heart, difficulty breathing, sweating, trembling, chest pain, dizziness, etc. (Physical problems may not be identified in some patients despite their seeking immediate medical attention)



Panic attack hangover: persistent worry about another panic attack and the aftermath (e.g. feeling out of control, having a heart attack, or feelings of terror)

## Causes

Individuals with a family history of panic disorder, perfectionistic tendencies, or a nervous propensity are more likely to develop this condition. Any environmental factor that increases stress level can also contribute to its occurrence.

## Treatment

Treatment options, including medications such as sedatives, serotonin-increasing antidepressants and anti-anxiety medications, can help ease symptoms. Cognitive behavioural therapy (CBT), relaxation exercises, mindfulness practices, and stress management techniques, can also facilitate recovery.

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