

Panic Disorder

Symptoms

Treatment



Medipsy

Psychological Services

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Panic Disorder is characterized by sudden attacks of terror. Attacks can include a pounding heart, sweatiness, weakness, faintness, or dizziness. During the attacks, people may flush or feel chilled, their hands may tingle or feel numb, and they may experience nausea, chest pain, or smothering sensations. Panic attacks usually produce a sense of unreality, a fear of impending doom, or a fear of losing control.

Signs and Symptoms

- Sudden and repeated attacks of fear
- A feeling of being out of control during a panic attack
- An intense worry about when the next attack will happen
- A fear or avoidance of places where panic attacks have occurred in the past
- Physical symptoms during the attack, such as a pounding or racing heart, sweating, breathing problems, weakness or dizziness, feeling hot or a cold chill, tingly or numb hands, chest pain, or stomach pain.

Panic disorder is a real illness that can be successfully treated. A type of psychotherapy called cognitive behavior therapy is especially useful for treating panic disorder. It teaches people different ways of thinking, behaving, and reacting to situations that help them to feel less anxious and fearful.

Research has found that 80% of people who receive therapy for Panic Disorder show a significant improvement by the end of treatment.

Medipsy clinicians are trained to assess your symptoms, your preferences and your response to treatment. You and your mental health professional will collaborate to develop a treatment plan based on scientific evidence and tailored to your needs.

