

# **Panic Attacks Data Analysis**



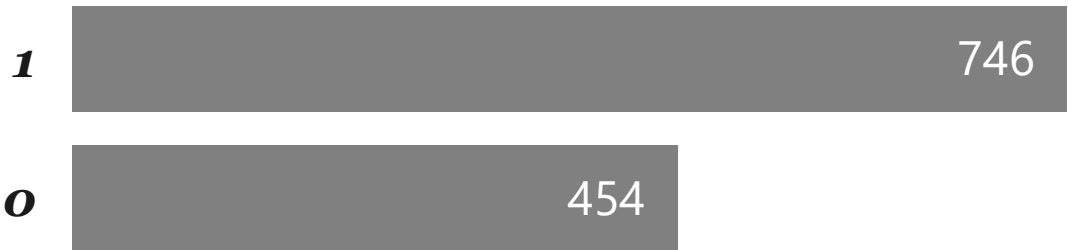
Number of Patients Having Trembling as a Symptom



Number of Patients Having Chest pain as a Symptom



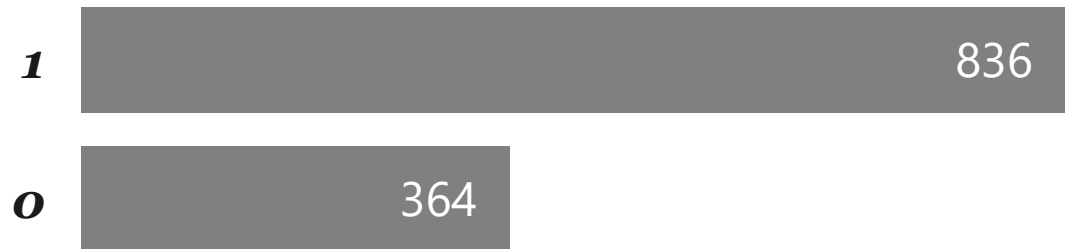
Number of Patients Having Shortness of Breath as a Symptom



Number of Patients Having Dizziness as a Symptom



Number of Patients Having Sweating as a Symptom



**DIZZINESS:** Feeling lightheaded or unsteady due to sudden anxiety.

**TREMBLING:** Shaking of hands or body from intense fear or stress.

**CHEST PAIN:** Tightness or pressure in the chest caused by panic-induced tension.

**SWEATING:** Excessive perspiration triggered by the body's "fight or flight" response.

**SHORTNESS OF BREATH:** Feeling unable to breathe deeply because of sudden panic.

Panic Score (HML)

High

Low

Medium

Medical\_History

Anxiety

Depression

None

Trigger

Caffeine

Phobia

PTSD

Gender

Female

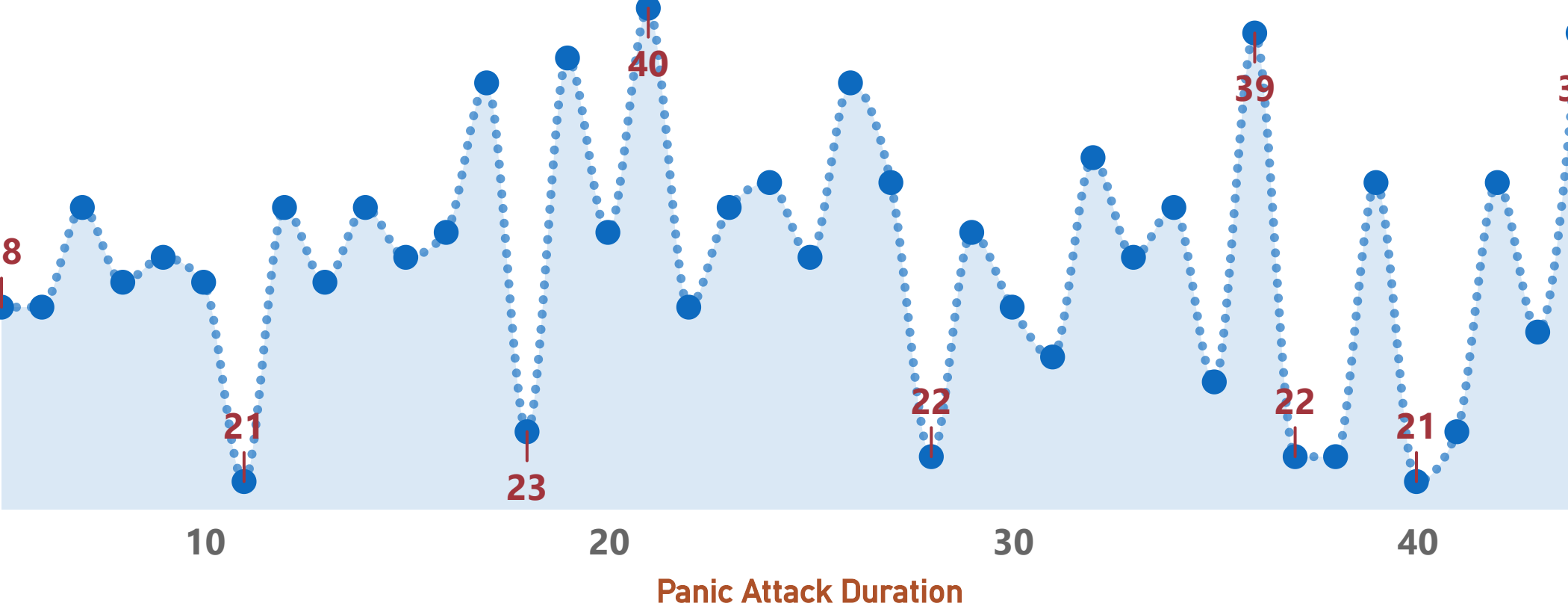
Male

Non-binary

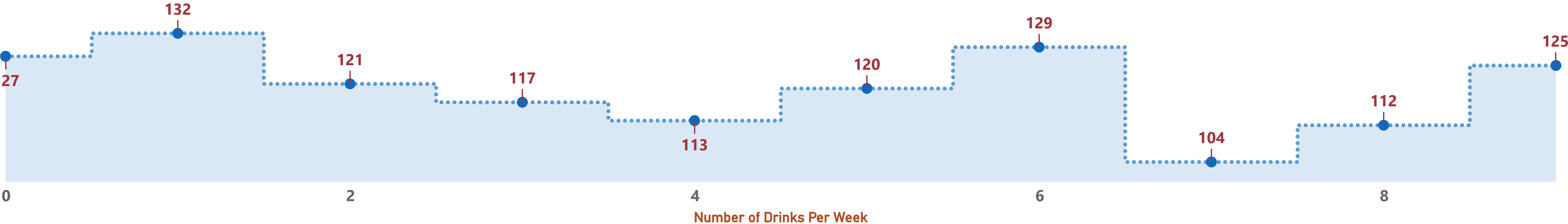
Number of Patients by Sleep Hours !!



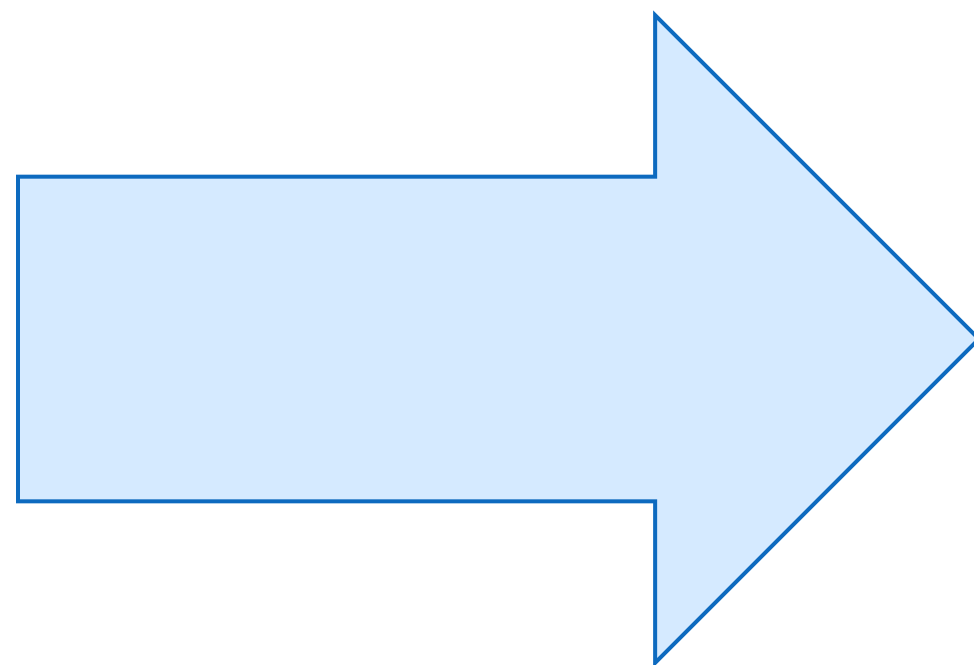
Number of Patients by Panic Attack Duration (Mins)



Number of Patients by Drinks Per Week



What is The Percentage that People Face  
Dizziness as a Symptom During a Panic Attack??



**51.67**

% Patients Dizziness

# Average of SL/PS/PAF by Age Group

● Average Sleep Hours ● Average Panic Score ● Average Panic Attack Freq.

## Caffeine

*Adolescent*



*Adult*



## Phobia



## PTSD

*Adolescent*



*Adult*



## Social Anxiety

