**Stanford Panic Attack Diary**

Reference:

Margraf, J., Taylor, C. B., Ehlers, A., Roth, W. T., & Agras, W. S. (1987). Panic attacks in the natural environment. Journal of Nervous and Mental Disease, 175(9), 558-565.

Link: <http://psycnet.apa.org/record/1988-04556-001>

* Beginning of attack
* Ending of attack
* Intensity of anxiety
* Symptoms
  + 5 senses
  + Descriptive
* Location
* What they were doing
* Classification
  + Spontaneous panic attack
    - Three or more symptoms
    - Sudden onset with little or no provocation
  + Minor spontaneous attack
    - Fewer than three symptoms
    - Sudden onset with little or no provocation
  + Anticipatory anxiety attack
    - Fewer than three symptoms
    - Occurs in anticipation of a feared situation
  + Situational panic attack
    - Three or more symptoms
    - Surge of panic in feared situations

Symptoms include (in order of frequency):

* Heart palpitations
  + Overly aware of heartbeat
  + Heart is racing, pounding or fluttering
* Dizzyness/Lightheadness
* Difficult breathing
* Sweating
* Chest pain and discomfort

**Anxiety.org**

Changes after having panic attacks

* Continued concern about future panic attacks or the consequences
* Significant change in behavior associated with the attack (e.g., avoiding taking the stairs)
* Fear of going crazy or losing control
* Fear of embarrassment

Coping Strategy

* Self Education
  + Knowing what is happening and being able to identify the experience helps calm people down for future experiences
* Acceptance
  + Accepting the wave of panic and knowing that it will be ok and that it will pass instead of fighting it and becoming more anxious
* Mindfulness
  + Focusing on the present and keeping yourself emotionally centered
* Approach, don’t avoid
  + If you avoid the situations, your brain treats it as if it was a true threat
  + People should get used to the situation by slowly adapting to the stimulants that cause the heart attacks

**Mastery of Your Anxiety and Panic**

Techniques for reducing panic attacks include:

* Record keeping
* Monitoring of progress
* Breathing techniques
* Thinking skills

**Other References**

* Clark, D. M., Salkovskis, P. M., & Chalkley, A. J. (1985). Respiratory control as a treatment for panic attacks. *Journal of Behavior Therapy and Experimental Psychiatry*, *16*(1), 23-30.
* Anxiety and Depression Association of America. n.d. Symptoms | Anxiety and Depression Association of America. https://adaa.org/understanding-anxiety/panic-disorder-agoraphobia/symptoms.