

PANIC ATTACKS DATA ANALYSIS

Exploring Triggers, Symptoms,
and Lifestyle Correlations



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1200
Total Patients

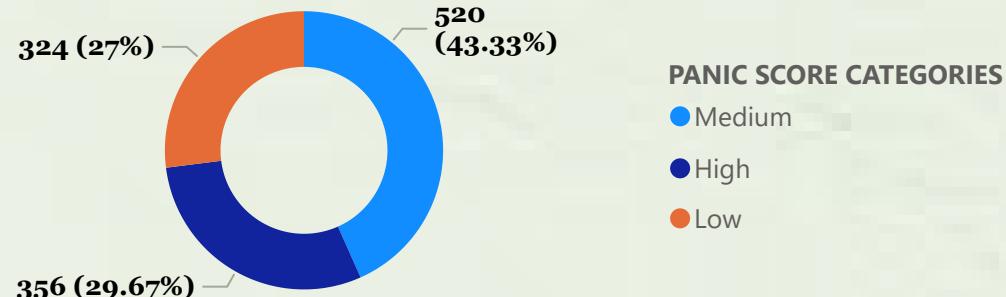
5.57
Avg Panic Score

24.39
Avg Panic Score

29.67%
Avg Panic Attack Duration (minutes)

4.41
Avg of Panic Attack Frequency

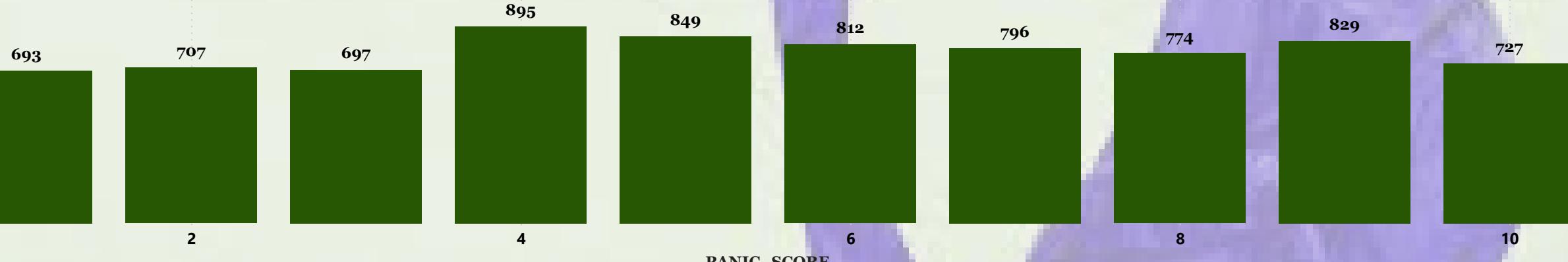
Panic Score Categories (High / Medium / Low distribution)

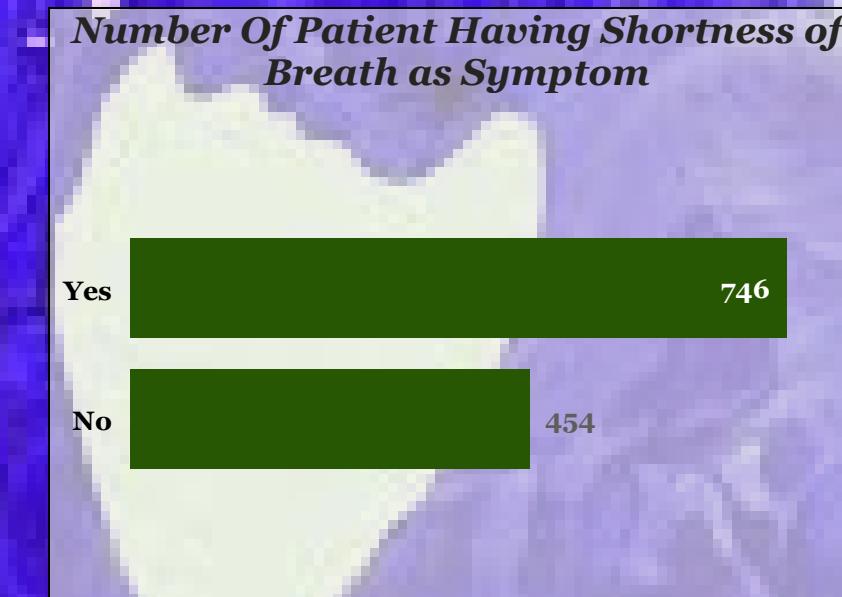
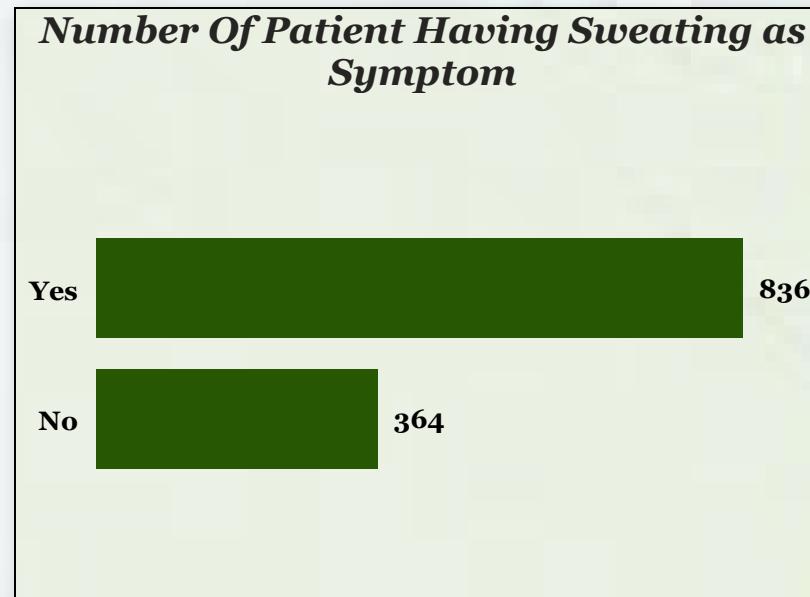
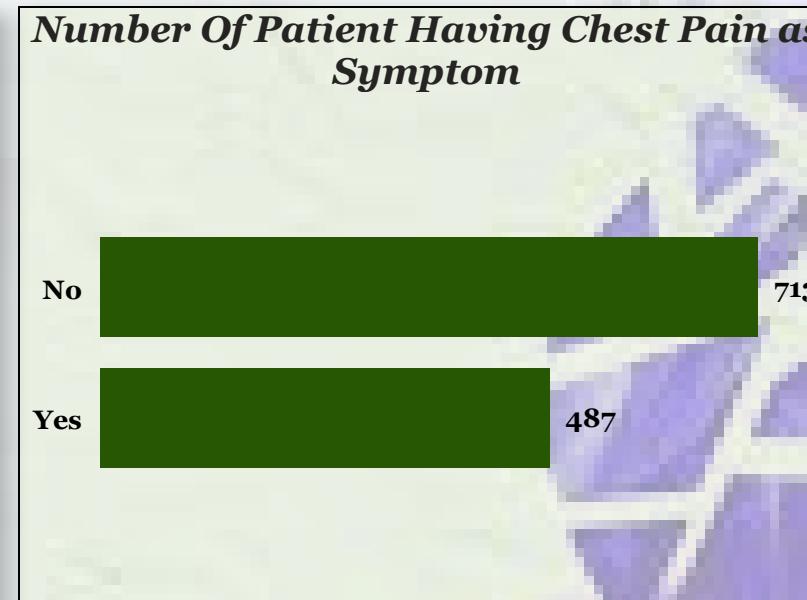
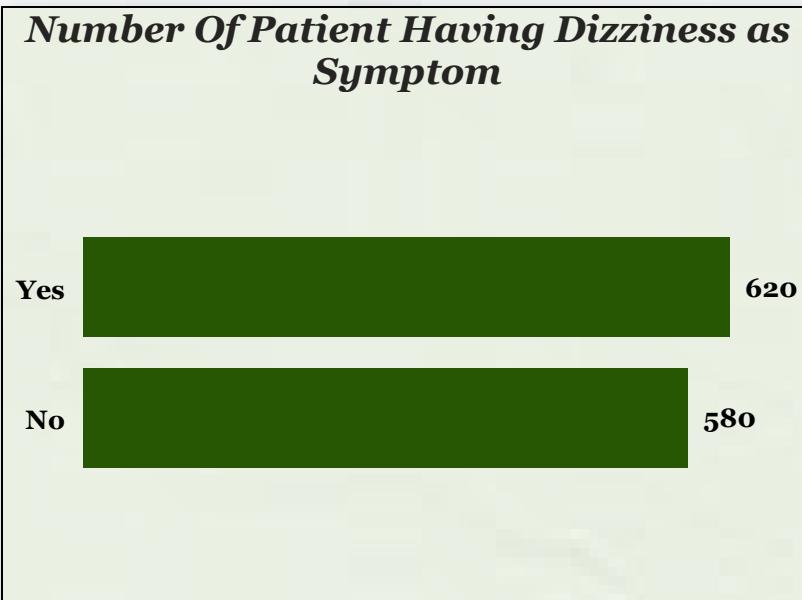


Trigger Reasons Count



Sleep Hours vs Avg Panic Score





TRIGGER_REASON

- Select all
- Caffeine
- Phobia
- PTSD

GENDER

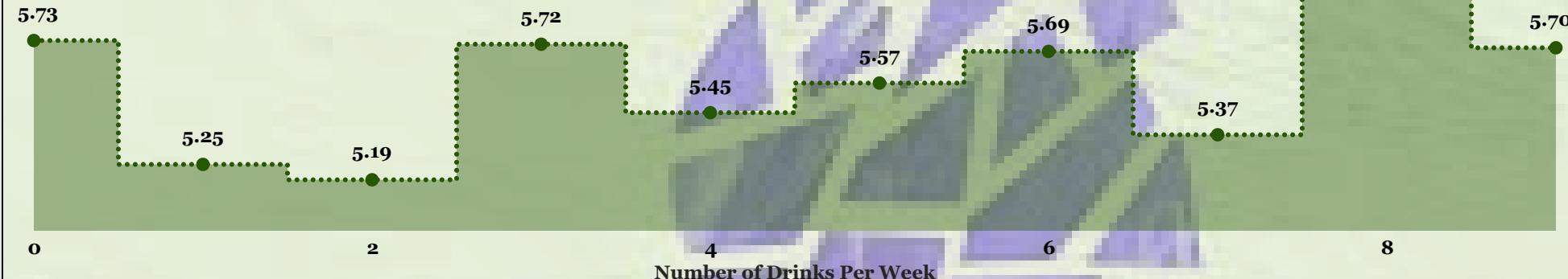
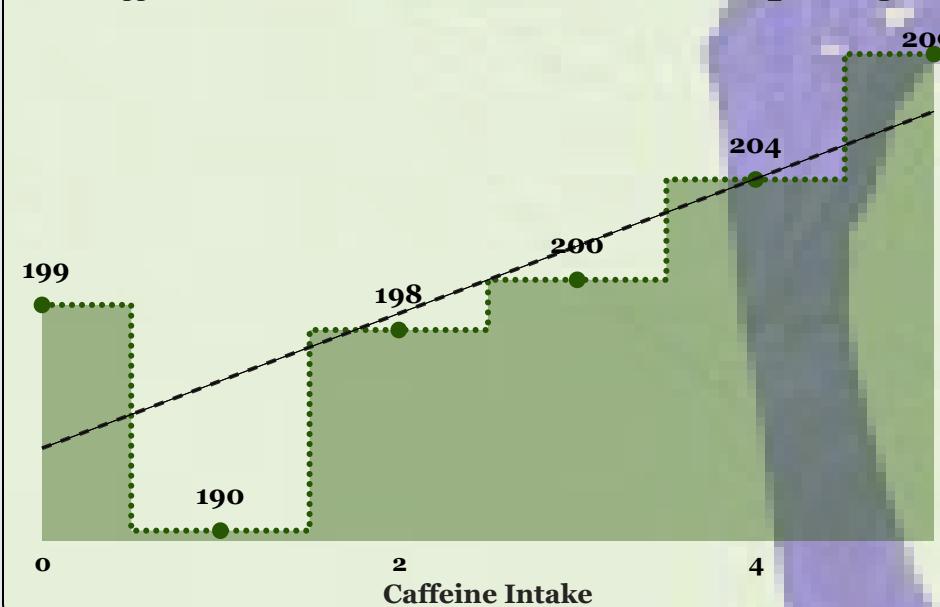
- Select all
- Female
- Male
- Non-binary

MEDICAL_HISTORY

- Select all
- Anxiety
- Depression
- None

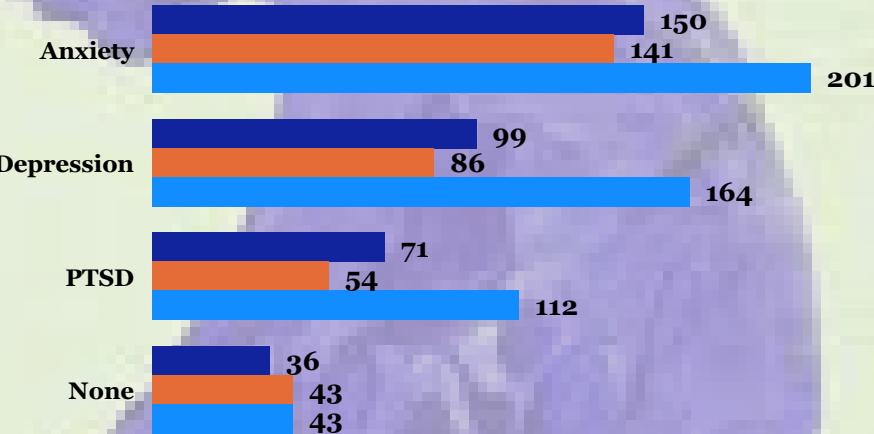
PANIC CATEGORIES

- Select all
- High
- Low
- Medium

Alcohol Consumption (Drinks per Week) vs Avg Panic Score**Caffeine Intake vs Panic Attack Frequency****Medical History vs Panic Score Categories.**

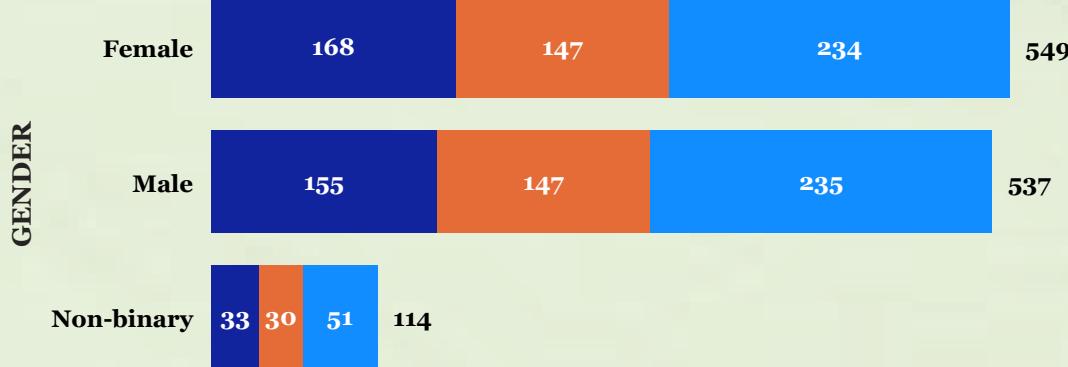
CATEGORIES • High • Low • Medium

Medical History

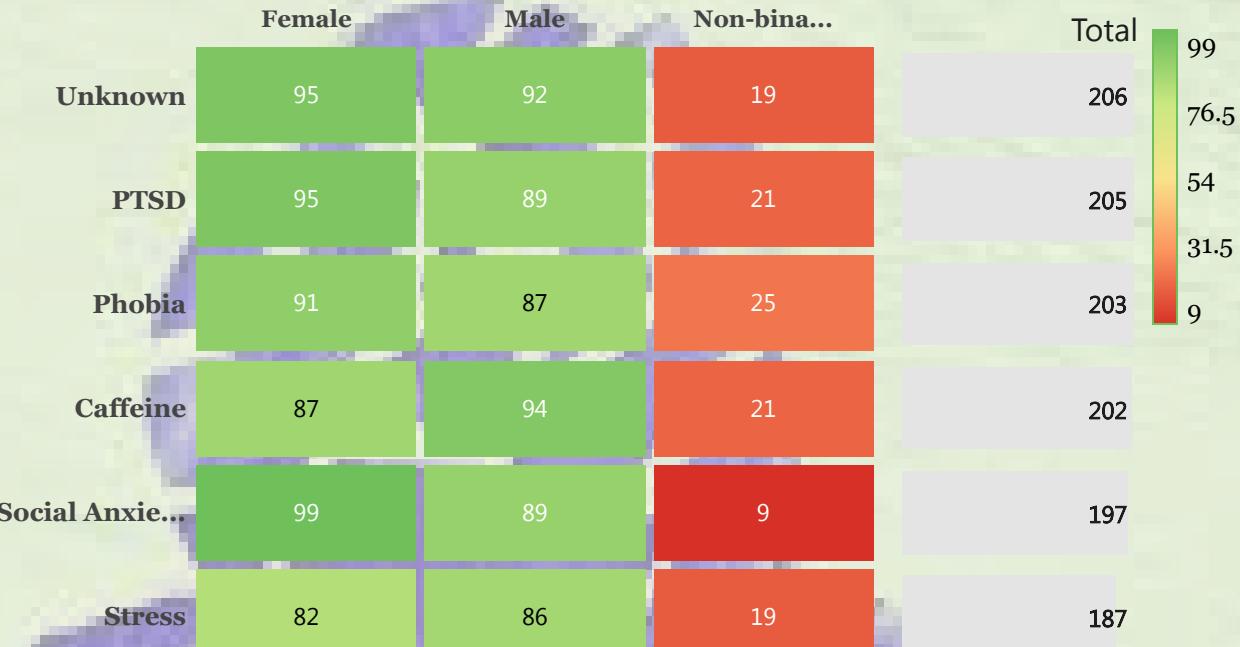


Gender vs Panic Score Categories

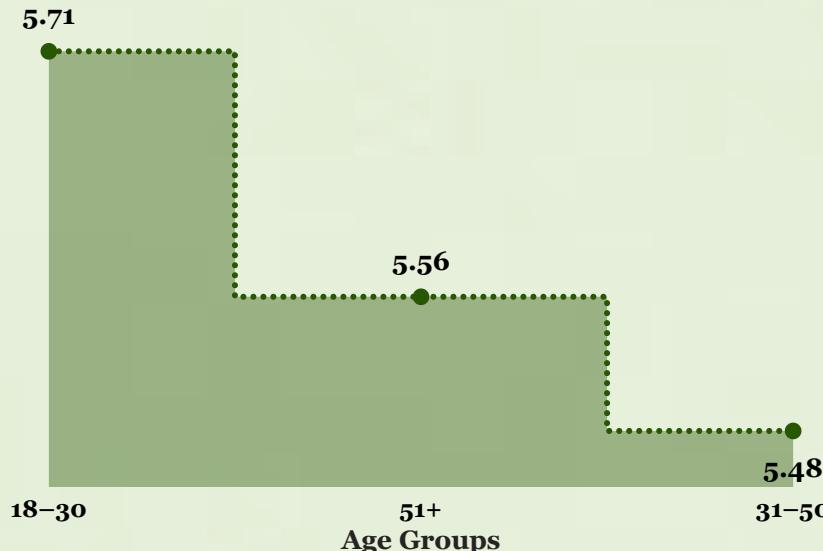
CATEGORIES ● High ● Low ● Medium



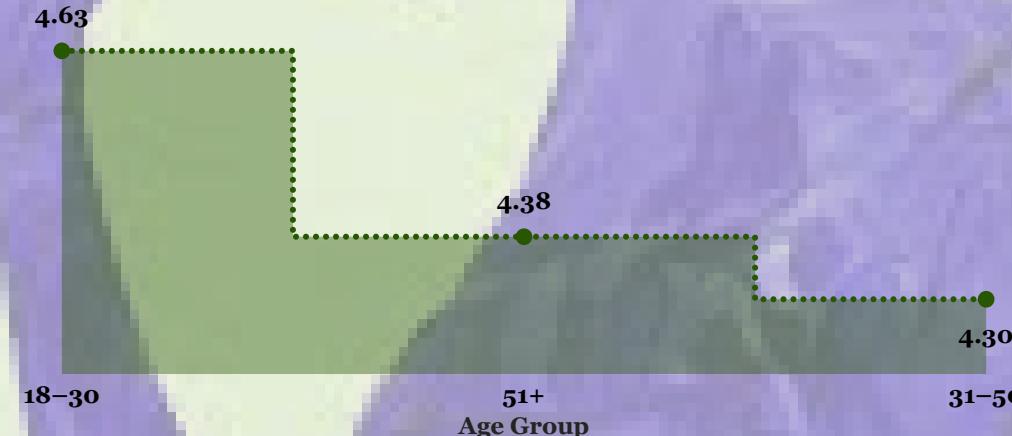
Gender vs Trigger Reason



Age Groups vs Avg Panic Score



Avg Panic Attack Frequency vs Age Group



29.67%

⚠ % Patients with High Panic Score

18–30 (5.71)

👤 Highest Risk Age Group

836

Most Common Symptom Count -
Sweating 😅

202

Top Trigger Count - Caffeine ☕

📊 **Severity** – 1 in 3 patients experience High Panic Scores, requiring early intervention.

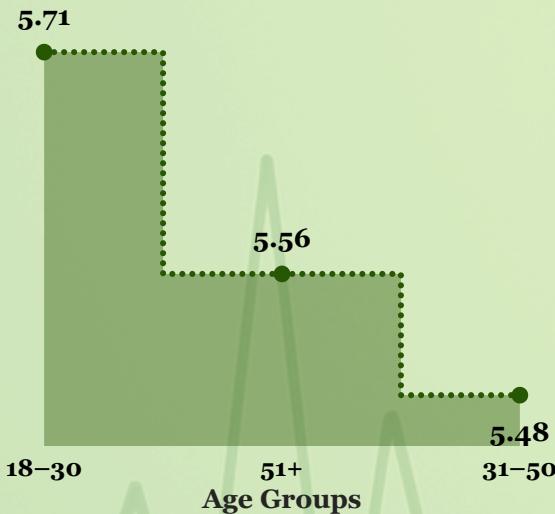
👤 **Demographics** – Young adults (18–30) show the highest average scores compared to older groups.

💤 **Lifestyle** – Patients sleeping <6 hours have significantly higher panic scores.

⚡ **Medical History** – Depression and anxiety patients are more likely to report severe attacks.

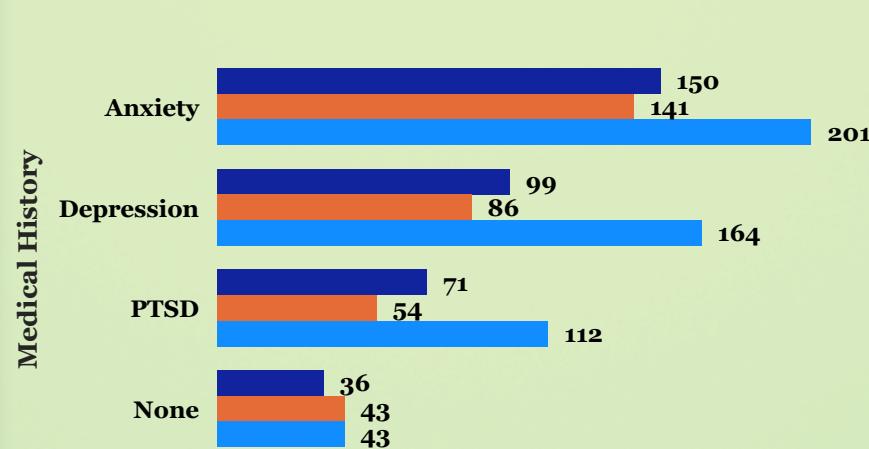
😅 **Symptoms** – Sweating, shortness of breath, and dizziness are the most common symptoms.

Age Groups vs Avg Panic Score



Medical History vs Panic Score Categories.

CATEGORIES ● High ● Low ● Medium



Symptom frequency distribution

