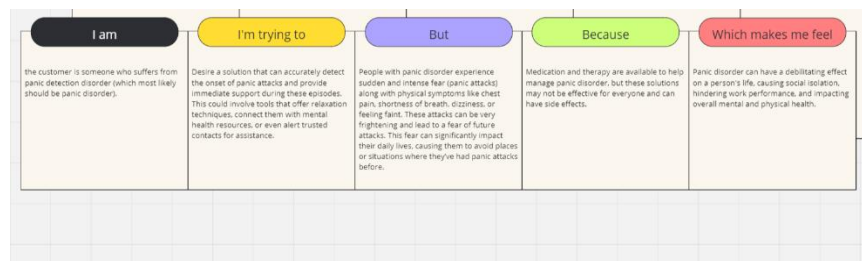


## Project Initialization and Planning Phase

Date	15 March 2024
Team ID	SWTID1720243396
Project Name	Panic disorder detection
Maximum Marks	3 Marks

### Define Problem Statements (Customer Problem Statement Template):

**Problem:** People with panic detection disorder experience intense and debilitating episodes of fear or discomfort that come on abruptly and reach their peak within minutes (panic attacks). These attacks are often accompanied by physical symptoms like chest pain, shortness of breath, dizziness, or feeling faint, which can be terrifying and lead to a fear of future attacks. This constant fear can significantly impact their daily lives, causing them to avoid places or situations where they've had panic attacks in the past, limiting their social interactions, work performance, and overall well-being.



Problem Statement (PS)	I am (Customer)	I'm trying to	But	Because	Which makes me feel
PS-1	the customer is someone who suffers from panic detection disorder (which most likely should be panic disorder).	Desire a solution that can accurately detect the onset of panic attacks and provide immediate support during these episodes. This could involve tools that offer relaxation techniques, connect them with mental health resources, or even alert trusted contacts for assistance.	People with panic disorder experience sudden and intense fear (panic attacks) along with physical symptoms like chest pain, shortness of breath, dizziness, or feeling faint. These attacks can be very frightening and lead to a fear of future attacks. This fear can significantly impact their daily lives, causing them to avoid places or situations where they've had panic attacks before.	Medication and therapy are available to help manage panic disorder, but these solutions may not be effective for everyone and can have side effects.	Panic disorder can have a debilitating effect on a person's life, causing social isolation, hindering work performance, and impacting overall mental and physical health.

