Project Initialization and Planning Phase
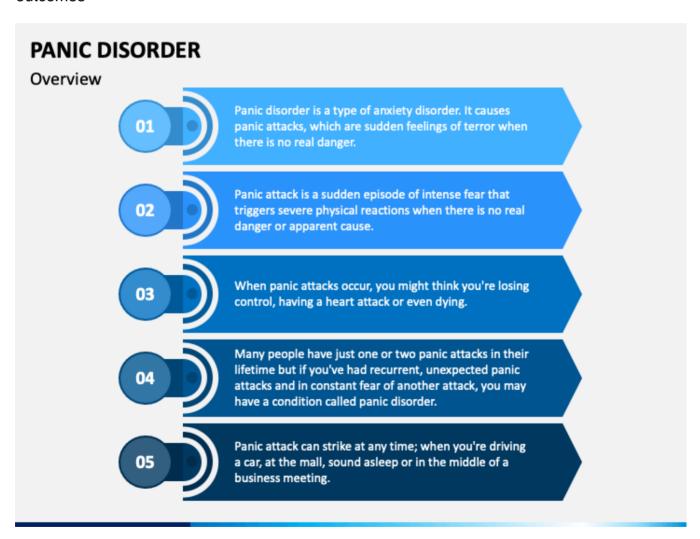
Date	15 March 2024
Team ID	740678
Project Name	Panic Disorder Detection
Maximum Marks	3 Marks

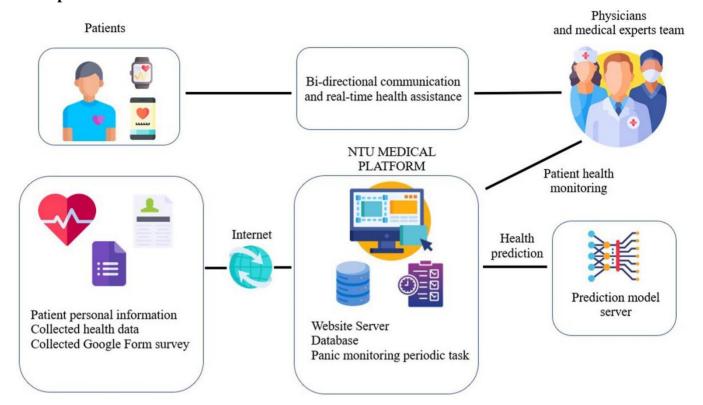**Define Problem Statements (Customer Problem Statement Template):**
Panic disorder is a debilitating mental health condition characterized by recurrent and unexpected panic attacks, which can significantly impair an individual's daily functioning and quality of life. Despite its prevalence, panic disorder often goes undiagnosed or is misdiagnosed due to the overlap of its symptoms with other medical and psychiatric conditions. Early and accurate detection is crucial for effective treatment and better patient outcomes

PANIC DISORDER
Overview

01 Panic disorder is a type of anxiety disorder. It causes panic attacks, which are sudden feelings of terror when there is no real danger.

02 Panic attack is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause.

03 When panic attacks occur, you might think you're losing control, having a heart attack or even dying.

04 Many people have just one or two panic attacks in their lifetime but if you've had recurrent, unexpected panic attacks and in constant fear of another attack, you may have a condition called panic disorder.

05 Panic attack can strike at any time; when you're driving a car, at the mall, sound asleep or in the middle of a business meeting.

Example:

Problem Statement (PS)	I am (Patient)	I'm trying to	But	Because	Which makes me feel
PS-1	Panic disorder is type of anxiety disorder it causes panic attacks	Improve by health condition by detecting the panic attacks.	It is impossible to detect	Because panic attack is a unexpectedly happening disorder anxiety.	Its been hard to facing that problem