

PANIC ATTACK REPORT

Done By:

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Panic Attack Overview

Panic Attack Patterns

DATA SOURCE: SNOWFLAKE

Panic Attack Overview

Demographic and symptom-based analysis to uncover the characteristics and severity of panic episodes.

No of Patients

1200

Avg Age

41.13

Avg Panic Score

5.57

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Age_Group

GENDER

MEDICAL_HISTORY

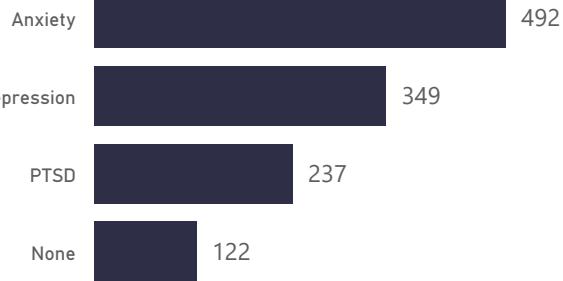
PANIC_SCORE_RANGE

TRIGGER_REASON

Patient Distribution by Medical History

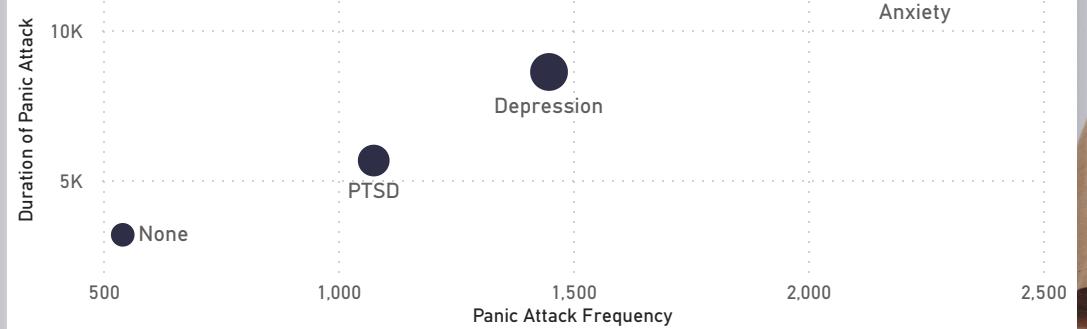
Compare patient counts by Medical History

MEDICAL_HISTORY



Duration vs Frequency of Panic Attack by Medical History

Each point represents a patient by Medical History, sized by heart rate



SYMPTOMS

- SWEATING
- CHEST_PAIN
- DIZZINESS
- SHORTNESS_OF_BREATH
- TREMBLING

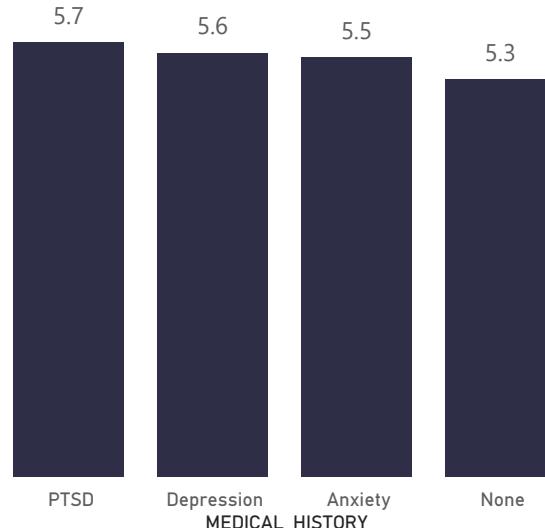
How Symptoms Affect Panic Severity

Average panic score by reported symptom



Symptoms and Their Severity Impact

Average panic score for each known symptoms



Symptom Prevalence Among Patients

Count of patients who experienced each symptom



How Lifestyle Influences Panic Attack Patterns

Uncovering patient behavior trends related to panic attack duration, sleep habits, and alcohol use.

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PANIC_SCORE_RA...

- High
- Low
- Medium

GENDER

- Female
- Male
- Non-binary

MEDICAL_HISTORY

- Anxiety
- Depression
- None
- PTSD

TRIGGER_REASON

- Caffeine
- Phobia
- PTSD
- Social Anxiety
- Stress
- Unknown

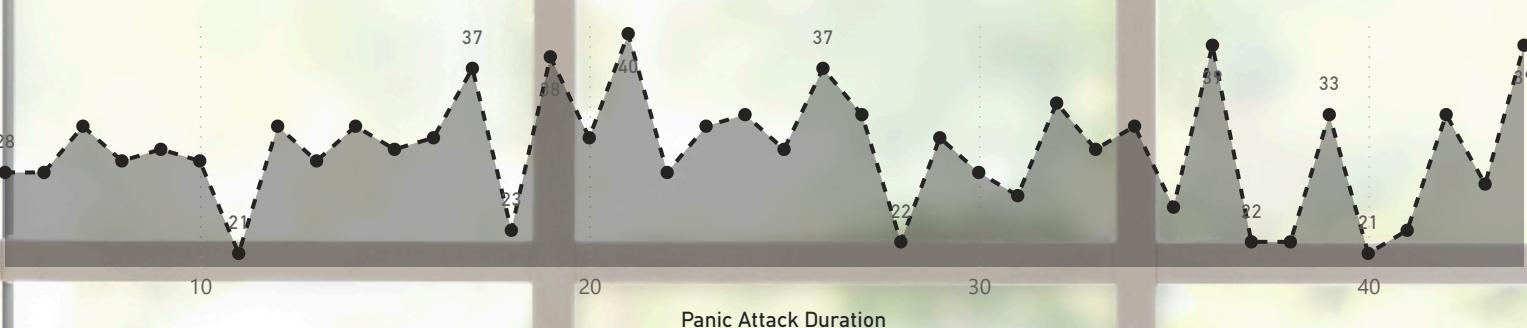
AGE_GROUP

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64

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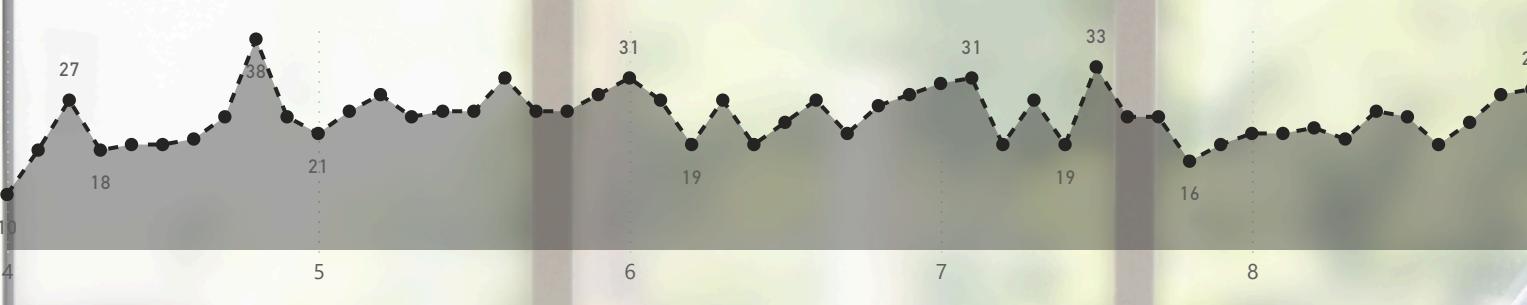
Panic Duration(Mins) Trends

Distribution of patients by how long their panic attacks last



Impact of Sleep(Hrs) on Panic Attack Incidence

Analyzing sleep duration patterns among affected patients



Alcohol Consumption Per Week and Panic Trends

Weekly alcohol intake and its relationship to panic attacks

