



Panic & Anxiety Attack Scale

Part A: Panic Attacks

SITUATIONAL PANIC ATTACKS:

Sudden anxiety attacks with 3 or more symptoms that occurred when in a situation likely from experience to bring on an attack.

UNEXPECTED PANIC ATTACKS:

Sudden unexpected anxiety attacks with 3 or more symptoms that occurred with little or no provocation (i.e. when NOT in a situation likely to bring on an attack.)

Part B: Limited Symptom Attacks

SITUATIONAL LIMITED SYMPTOM ATTACKS:

Sudden attacks limited to 1 or 2 symptoms that occurred when in or just about to enter a situation likely from experience to bring on an attack.

UNEXPECTED LIMITED SYMPTOM ATTACKS:

Sudden attacks limited to 1 or 2 symptoms that occurred with little or no provocation (i.e. when NOT in or just about to enter a situation likely from experience to bring on an attack.)

Part C: Anticipatory Anxiety Episodes

Anxiety that occurs in anticipation of facing a phobic situation or of having a panic attack.

Number in Past Week	Number in Past Month	Average Length Minutes	Average Intensity (0-10)
	# of waking time spent anxiously anticipating		