

Panic Disorder Checklist*

Zoloft[®]
(sertraline HCl)

If you think you might have panic disorder symptoms, this checklist can help you talk about your concerns with your doctor.

Just print this page, answer the questions and take the finished checklist to an appointment with a doctor or other healthcare professional. Your answers can help your doctor determine if you have panic disorder.

Questions about anxiety.

1. Yes No In the last 4 weeks, have you had an anxiety attack — sudden feeling of fear or panic?

If you checked "no," go to question 5.

2. Yes No Has this ever happened before?

3. Yes No Do some of these attacks come suddenly out of the blue — that is, in situations where you don't expect to be nervous or uncomfortable?

4. Yes No Do these attacks bother you a lot or are you worried about having another attack?

Think about your last anxiety attack.

5. Yes No Were you short of breath?

6. Yes No Did your heart race, pound, or skip?

7. Yes No Did you have chest pain or pressure?

8. Yes No Did you sweat?

9. Yes No Did you feel as if you were choking?

10. Yes No Did you have hot flashes or chills?

11. Yes No Did you have nausea or an upset stomach, or the feeling that you were going to have diarrhea?

12. Yes No Did you feel dizzy, unsteady, or faint?

13. Yes No Did you have tingling or numbness in parts of your body?

14. Yes No Did you tremble or shake?

15. Yes No Were you afraid of dying?

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If you think you might have panic disorder, discuss the answers to this checklist with your doctor or other healthcare professional. Your doctor will need to rule out other potential reasons for your symptoms, such as a physical disorder. Only your doctor or other qualified healthcare professional can make a diagnosis of panic disorder.

The information contained on this site is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. This checklist is intended only for the purpose of identifying symptoms of panic disorder and is not designed to provide a diagnosis or treatment. Only a doctor or other qualified healthcare professional can make a diagnosis of panic disorder or determine a treatment plan.

