PANIC DIARY 1 (RV1)

1. Overall anxiety ratings section

Please fill this in just before you go to bed, and record on it how anxious you were taking the day overall. Use the scale illustrated below to do this.

On the scale, 0 represents a not at all anxious day, and 100 represents the most anxious day you have ever had. 50 represents halfway between these two, 75 halfway between 50 and 100, and so on.

Choose the number between 0 and 100 which best describes how anxious you felt and write it in the appropriate box on the sheet. You can choose any number between 0 and 100 not just those shown on the scale.

<table>
<thead>
<tr>
<th>0</th>
<th>10</th>
<th>20</th>
<th>30</th>
<th>40</th>
<th>50</th>
<th>60</th>
<th>70</th>
<th>80</th>
<th>90</th>
<th>100</th>
</tr>
</thead>
<tbody>
<tr>
<td>I was not at all anxious today</td>
<td></td>
<td></td>
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<td>I had the most anxious day I have every had</td>
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</table>

2. Panic attack ratings section

Record here any panic attacks you experienced during the day. A panic attack means sudden increase in anxiety during which you experience four or more of these feelings:

1. Feeling short of breath
2. Palpitations or heart racing
3. Choking
4. Chest feeling uncomfortable or painful
5. Sweating
6. Dizziness, unsteady feelings or faintness
7. Feeling unreal, distant
8. Nausea or discomfort in the stomach
9. Hot or cold flushes
10. Trembling or shaking
11. Numbness or tingling feelings (pins and needles)
12. Fear of dying, going crazy or doing something uncontrolled during an attack.

In the column marked “description of situation”, briefly describe the situation where the panic occurred.

In the “symptoms” section, put a tick (✓) in the column for any symptoms which increased during the panic attack.

If you had four symptoms or more, put a tick in the column marked “full attack”. Sometimes, people experience a sudden increase in anxiety with less than four symptoms. Please record such attacks, but be sure to put a tick in the column marked “limited attack”.

Use the scale below for your severity rating.

Put a rating in the “severity” column as soon as you can after each attack.

<table>
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<tr>
<th>0</th>
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<th>70</th>
<th>80</th>
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<th>100</th>
</tr>
</thead>
<tbody>
<tr>
<td>I was not at all panicky</td>
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<td>I was the most panicky I have ever been</td>
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</table>

If an attack occurred in a situation where attacks tend to happen, put an “S” after the rating of severity. If an attack was unexpected, put a “U” after the severity rating.

Just before you go to bed each night, count the number of panic attacks and limited symptom attacks you have recorded and put the numbers in the spaces marked “panic frequency” and “limited symptom”. If you had no “panic attacks” or “limited symptom attacks” write 0 in the relevant column.

IT IS IMPORTANT THAT YOU FILL IN YOUR DIARY SHEET EVERY DAY, RATHER THAN JUST ONCE OR TWICE A WEEK

March 2003
<table>
<thead>
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<th>SUN</th>
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**OVERALL ANXIETY**

**PANIC ATTACKS**

**DESCRIPTION OF SITUATION WHERE PANIC OCCURRED**

- Breathlessness
- Palpitations/Heart racing
- Choking
- Chest tight/uncomfortable
- Sweating
- Dizziness/unsteady/faint
- Unreal/distant feeling
- Nausea
- Hot or cold flushes
- Trembling/shaking
- Numbness or tingling
- Fear of dying/going mad/loss of control

**FULL ATTACK**

**LIMITED ATTACK**

**RATING OF SEVERITY**

**FULL PANIC ATTACK FREQUENCY**

**LIMITED SYMPTOM ATTACK FREQUENCY**

Name: 

Week commencing: 

Symptoms:
<table>
<thead>
<tr>
<th>DAY</th>
<th>OVERALL ANXIETY</th>
<th>PANIC ATTACKS</th>
<th>DESCRIPTION OF SITUATION WHERE PANIC OCCURRED</th>
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