

Panic Disorder

In this video, I explain the basics of panic disorder. Panic attacks are characterized by a sense of “impending doom” as opposed to anxiety which is characterized by worry or fear of the future. I’ll explain what the experience of panic disorder is like, as opposed to how the term “panic attacks” tend to be overused. I’ll go over demographic information, frequency of panic attacks, as well as key diagnostic features. Lastly, I’ll talk a little bit about how panic attacks can lead to avoidance, or in unfortunate cases, agoraphobia.

References and further reading

- Olaya, B., Moneta, M. V., Miret, M., Ayuso-Mateos, J. L., & Haro, J. M. (2018). Epidemiology of panic attacks, panic disorder and the moderating role of age: Results from a population-based study. *Journal of affective disorders*, 241, 627-633.
- Roy-Byrne, P. P., Craske, M. G., & Stein, M. B. (2006). Panic disorder. *The Lancet*, 368(9540), 1023-1032.
- American Psychiatric Association. (2013). Social Anxiety Disorder (Social Phobia). *Diagnostic and statistical manual of mental disorders (5th ed.)*. [Link](#)

Glossary

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Tachycardia

GI

Agoraphobia

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