

## PANIC DISORDER

<p><b>*PD1. INTRO 1</b> Earlier you mentioned having attacks of fear or panic (IF <b>NCS1b.1</b> EQUALS '1': since <b>NCS1</b> YEAR) when all of a sudden you felt very frightened, anxious, or uneasy. Think of a bad attack like that. During that attack, which of the following problems did you have?</p>	<p><b>*PD1. INTRO 2</b> Earlier you mentioned having attacks when all of a sudden you had several problems like being short of breath, your heart pounding or feeling dizzy, and being afraid you would die or go crazy. Think of a bad attack like that. During that attack, which of the following problems did you have?</p>			
<p><b>SKIP TO *PD2 AFTER FOUR "YES" RESPONSES</b></p>	<p><b>YES (1)</b></p>	<p><b>NO (5)</b></p>	<p><b>DK (8)</b></p>	<p><b>RF (9)</b></p>
*PD1a. Did your heart pound or race? (KEY PHRASE: heart racing)	1	5	8	9
*PD1b. Were you short of breath? (KEY PHRASE: being short of breath)	1	5	8	9
*PD1c. Did you have nausea or discomfort in your stomach? (KEY PHRASE: having nausea)	1	5	8	9
*PD1d. Did you feel dizzy or faint? (KEY PHRASE: feeling dizzy)	1	5	8	9
*PD1e. Did you sweat? (KEY PHRASE: sweating)	1	5	8	9
*PD1f. Did you tremble or shake? (KEY PHRASE: trembling)	1	5	8	9
*PD1g. Did you have a dry mouth? (KEY PHRASE: having a dry mouth)	1	5	8	9
*PD1h. Did you feel like you were choking? (KEY PHRASE: choking)	1	5	8	9
*PD1i. Did you have pain or discomfort in your chest? (KEY PHRASE: having discomfort in your chest)	1	5	8	9
*PD1j. Were you afraid that you might lose control of yourself or go crazy? (KEY PHRASE: fearing that you might lose control of yourself)	1	5	8	9
*PD1k. Did you feel that you were "not really there", like you were watching a movie of yourself? (KEY PHRASE: feeling unreal)	1 <b>GO TO *PD1m</b>	5	8	9
*PD1l. Did you feel that things around you were unreal or like a dream? (KEY PHRASE: feeling that things around you were unreal)	1	5	8	9
*PD1m. Were you afraid that you might pass out? (KEY PHRASE: fearing that you might pass out)	1	5	8	9
*PD1n. Were you afraid that you might die? (KEY PHRASE: fearing that you might die)	1	5	8	9
*PD1o. Did you have hot flushes or chills? (KEY PHRASE: having hot flushes)	1	5	8	9
*PD1p. Did you have numbness or tingling sensations? (KEY PHRASE: having numbness)	1	5	8	9

\*PD2. INTERVIEWER CHECKPOINT: (SEE \*PD1 SERIES)

ZERO TO THREE RESPONSES CODED '1' ..... 1   **GO TO \*PD30**  
ALL OTHERS.....2

---

\*PD3. During your attacks did the problems like (PARENTHETICAL PHRASE OF FIRST THREE YES RESPONSES IN \*PD1 SERIES) begin suddenly and reach their peak within ten minutes after the attacks began?

YES .....1  
(IF VOL) SOMETIMES .....3  
NO .....5   **GO TO \*PD30**  
DON'T KNOW .....8   **GO TO \*PD30**  
REFUSED .....9   **GO TO \*PD30**

---

\*PD4. About how many of these sudden attacks have you had in your entire lifetime?

\_\_\_\_\_ NUMBER OF ATTACKS

IF R REPORTS MORE THAN 900..... 900  
IF R REPORTS "MORE THAN I CAN REMEMBER" ..... 995  
DON'T KNOW ..... 998  
REFUSED ..... 999

---

\*PD5. INTERVIEWER CHECKPOINT: (SEE \*PD4)

\*PD4 EQUALS '1' ..... 1  
ALL OTHERS.....2   **GO TO \*PD9**

---

\*PD6. When did the attack occur – in the past month, two to six months ago, seven to twelve months ago, or more than twelve months ago?

PAST MONTH ..... 1   **GO TO \*PD8**  
TWO TO SIX MONTHS .....2   **GO TO \*PD8**  
SEVEN TO TWELVE MONTHS .....3   **GO TO \*PD8**  
MORE THAN TWELVE MONTHS .....4  
DON'T KNOW .....8  
REFUSED .....9

---

\*PD7. Can you remember your exact age when the attack occurred?

YES ..... 1  
NO ..... 5   **GO TO \*PD7b**  
DON'T KNOW ..... 8   **GO TO \*PD7b**  
REFUSED ..... 9   **GO TO \*PD7b**

\*PD7a. (IF NEC: How old were you?)

\_\_\_\_\_ YEARS OLD      **GO TO \*PD8**

DON'T KNOW .....998      **GO TO \*PD8**

REFUSED .....999      **GO TO \*PD8**

\*PD7b. About how old were you?

IF "ALL MY LIFE" OR "AS LONG AS I CAN REMEMBER,"

PROBE: Was it before you first started school?

IF NOT YES, PROBE: Was it before you were a teenager?

\_\_\_\_\_ YEARS OLD

BEFORE STARTED SCHOOL .....4

BEFORE TEENAGER .....12

NOT BEFORE TEENAGER .....13

WHOLE LIFE OR DON'T KNOW .....998

REFUSED .....999

**\*PD8.** Attacks of this sort can occur in three different situations. The first are when the attacks occur unexpectedly "out of the blue." The second are when a person has an unreasonably strong fear. For example, some people have a terrible fear of bugs or of heights or of being in a crowd. The third are when a person is in real danger, like a car accident or a bank robbery.

Which of these three describes your attack – did it occur unexpectedly "out of the blue," in a situation that you strongly fear, or in a situation of real danger?

IF R THOUGHT THERE WAS REAL DANGER EVEN THOUGH IT TURNED OUT NOT TO BE DANGEROUS, CODE "REAL DANGER."

OUT OF THE BLUE ..... 1

STRONG FEAR ..... 2

REAL DANGER ..... 3

DON'T KNOW ..... 8

REFUSED ..... 9

**GO TO \*PD30**

**\*PD9.** Can you remember your exact age the very first time you had one of these attacks?

YES ..... 1

NO ..... 5      **GO TO \*PD9b**

DON'T KNOW ..... 8      **GO TO \*PD9b**

REFUSED ..... 9      **GO TO \*PD9b**

\*PD9a. (IF NEC: How old were you?)

\_\_\_\_\_ YEARS OLD      **GO TO \*PD13**

DON'T KNOW .....998      **GO TO \*PD13**

REFUSED .....999      **GO TO \*PD13**

**\*PD9b.** About how old were you?

IF “ALL MY LIFE” OR “AS LONG AS I CAN REMEMBER,”  
 PROBE: Was it before you first started school?

IF NOT YES, PROBE: Was it before you were a teenager?

\_\_\_\_\_ YEARS OLD

BEFORE STARTED SCHOOL.....4  
 BEFORE TEENAGER.....12  
 NOT BEFORE TEENAGER .....13  
 WHOLE LIFE OR DON’T KNOW.....998  
 REFUSED .....999

*PD13. After having one of these attacks, did you ever have any of the following experiences:	YES (1)	NO (5)	DK (8)	RF (9)
*PD13a. A month or more when you often worried that you might have another attack?	1 <b>GO TO *PD15</b>	5	8	9
*PD13b. A month or more when you worried that something terrible might happen because of the attacks, like having a car accident, having a heart attack, or losing control?	1 <b>GO TO *PD15</b>	5	8	9
*PD13c. A month or more when you changed your everyday activities because of the attacks?	1 <b>GO TO *PD15</b>	5	8	9
PD13d. A month or more when you avoided certain situations because of fear about having another attack?	1 <b>GO TO *PD15</b>	5	8	9

**\*PD14. INTERVIEWER CHECKPOINT: (SEE \*PD13a-d)**

AT LEAST ONE RESPONSE CODED ‘1’ ..... 1  
 ALL OTHERS..... 2    **GO TO \*PD17**

**\*PD15.** How old were you the first time you had a month when you either often worried, changed your everyday activities, or avoided certain situations because of the attacks?

\_\_\_\_\_ YEARS OLD

DON’T KNOW ..... 998  
 REFUSED ..... 999

**\*PD17.** Attacks of this sort can occur in three different situations. The first is when the attacks occur unexpectedly “out of the blue.” The second is when a person has an unreasonably strong fear. For example, some people have a terrible fear of bugs or of heights or of being in a crowd. The third is when a person is in real danger, like a car accident or a bank robbery.

The next question is about how many of your attacks occurred in each of these three kinds of situations. Did you ever have an attack that occurred unexpectedly “out of the blue?”

YES .....1  
 NO .....5 **GO TO \*PD18**  
 DON'T KNOW .....8 **GO TO \*PD18**  
 REFUSED .....9 **GO TO \*PD18**

**\*PD17a.** About how many attacks in your lifetime occurred unexpectedly “out of the blue?”

\_\_\_\_\_ NUMBER OF ATTACKS

IF R REPORTS MORE THAN 900.....900  
 IF R REPORTS “MORE THAN I CAN REMEMBER” .....995  
 DON'T KNOW .....998  
 REFUSED .....999

**\*PD18.** About how many attacks in your lifetime occurred in situations where you were not in real danger, but where you had an unreasonably strong fear of the situations?

\_\_\_\_\_ NUMBER OF ATTACKS

IF R REPORTS MORE THAN 900..... 900  
 IF R REPORTS “MORE THAN I CAN REMEMBER” ..... 995  
 DON'T KNOW ..... 998  
 REFUSED ..... 999

**\*PD19.** About how many attacks in your lifetime occurred in situations where you were in real danger?

IF R THOUGHT THERE WAS REAL DANGER EVEN THOUGH IT TURNED OUT NOT TO BE DANGEROUS CODE “REAL DANGER.”

\_\_\_\_\_ NUMBER OF ATTACKS

IF R REPORTS MORE THAN 900..... 900  
 IF R REPORTS “MORE THAN I CAN REMEMBER” ..... 995  
 DON'T KNOW ..... 998  
 REFUSED ..... 999

**\*PD20.** INTERVIEWER CHECKPOINT: (SEE **\*PD17**)

**\*PD17** EQUALS ‘1’ .....1  
 ALL OTHERS.....2 **GO TO \*PD30**

\*PD21. How old were you (when you had the attack/the first time you had an attack) “out of the blue” for no obvious reason?

IF “ALL MY LIFE” OR “AS LONG AS I CAN REMEMBER,”

PROBE: Was it before you first started school?

IF NOT YES, PROBE: Was it before you were a teenager?

\_\_\_\_\_ YEARS OLD

BEFORE STARTED SCHOOL .....4  
BEFORE TEENAGER .....12  
NOT BEFORE TEENAGER.....13  
WHOLE LIFE OR DON'T KNOW .....998  
REFUSED .....999

---

\*PD22. How much did (this/these) unexpected “out of the blue” attack(s) or worry about having another attack ever interfere with either your work, your social life, or your personal relationships – not at all, a little, some, a lot, or extremely?

NOT AT ALL.....1  
A LITTLE .....2  
SOME.....3  
A LOT .....4  
EXTREMELY.....5  
DON'T KNOW .....8  
REFUSED .....9

---

\*PD23. INTERVIEWER CHECKPOINT: (SEE \*PD17a)

\*PD17a EQUALS ‘1’ .....1     **GO TO \*PD30**  
ALL OTHERS .....2

---

\*PD25a. Attacks of this sort sometimes occur as a result of physical causes such as physical illness or injury or the use of medication, drugs, or alcohol. Do you think any of your attacks ever occurred as the result of such physical causes?

YES .....1  
NO .....5     **GO TO \*PD26**  
DON'T KNOW .....8     **GO TO \*PD26**  
REFUSED .....9     **GO TO \*PD26**

\*PD25b. Do you think all of your attacks were the result of physical causes?

YES .....1  
NO .....5     **GO TO \*PD26**  
DON'T KNOW .....8     **GO TO \*PD26**  
REFUSED .....9     **GO TO \*PD26**

\*PD25c. Briefly, what were the physical causes?

---

---

---

---

---

**\*PD26.** Did you have an unexpected “out of the blue” attack at any time in the past 12 months?

- YES..... 1  
NO ..... 5 **GO TO \*PD28**  
DON’T KNOW..... 8 **GO TO \*PD28**  
REFUSED..... 9 **GO TO \*PD28**

---

**\*PD27.** INTERVIEWER INSTRUCTION: (SEE 12-MONTH CALENDER)

Think about the past year from [MONTH OF IW, 2000] to [MONTH OF IW 2001]. I want you to tell me each month in the past year month when you had at least one attack.

ENTER ALL THAT APPLY

- JANUARY .....1  
FEBRUARY .....2  
MARCH .....3  
APRIL .....4  
MAY .....5  
JUNE .....6  
JULY .....7  
AUGUST.....8  
SEPTEMBER.....9  
OCTOBER .....10  
NOVEMBER .....11  
DECEMBER .....12  
NONE OF THE MONTHS .....13 **GO TO PD28**

**FOR THE EACH MONTH MENTIONED IN PD27, ASK THE APPROPRIATE FOLLOW –UP QUESTION ABOUT THE NUMBER OF ATTACKS.**

\*PD27.1 Can you estimate the attacks you had in January?

\*PD27.2 Can you estimate the attacks you had in February?

\*PD27.3 Can you estimate the attacks you had in March?

\*PD27.4 Can you estimate the attacks you had in April?

\*PD27.5 Can you estimate the attacks you had in May?

\*PD27.6 Can you estimate the attacks you had in June?

- \*PD27.7 Can you estimate the attacks you had in July?
- \*PD27.8 Can you estimate the attacks you had in August?
- \*PD27.9 Can you estimate the attacks you had in September?
- \*PD27.10 Can you estimate the attacks you had in October?
- \*PD27.11 Can you estimate the attacks you had in November?
- \*PD27.12 Can you estimate the attacks you had in December?

\*PD28. INTERVIEWER INSTRUCTION: (SEE 10-YEAR CALENDER)

(IF \*PD26 EQUALS '1'): Now I want you to think about these attacks over the past decade. Looking at the calendar, I want you to tell me each year in the past 10 years when you had at least one attack.

(IF \*PD26 NOT EQUAL '1'): Looking at the calendar, I want you to tell me each year in the past 10 years when you had at least one attack.

ENTER ALL THAT APPLY

- 1990.....1
- 1991.....2
- 1992.....3
- 1993.....4
- 1994.....5
- 1995.....6
- 1996.....7
- 1997.....8
- 1998.....9
- 1999.....10
- 2000.....11
- 2001.....12
- NONE OF THE YEARS.....97 **GO TO PD29**

**FOR THE EACH YEAR MENTIONED IN PD28, ASK THE APPROPRIATE FOLLOW –UP QUESTION ABOUT THE NUMBER OF ATTACKS.**

- \*PD28.1 Can you estimate the attacks you had in 1990?
- \*PD28.2 Can you estimate the attacks you had in 1991?
- \* PD28.3 Can you estimate the attacks you had in 1992?
- \* PD28.4 Can you estimate the attacks you had in 1993?
- \* PD28.5 Can you estimate the attacks you had in 1994?
- \* PD28.6 Can you estimate the attacks you had in 1995?
- \* PD28.7 Can you estimate the attacks you had in 1996?
- \* PD28.8 Can you estimate the attacks you had in 1997?



\* PD28.9 Can you estimate the attacks you had in 1998?

\* PD28.10 Can you estimate the attacks you had in 1999?

\* PD28.11 Can you estimate the attacks you had in 2000?

\* PD28.12 Can you estimate the attacks you had in 2001?

\*PD29. Did you receive professional treatment for your attacks at any time in the past 12 months?

YES ..... 1  
NO..... 5  
DON'T KNOW ..... 8  
REFUSED ..... 9

\*PD30. INTERVIEWER CHECKPOINT (SEE \*SC68, \*SC68a, \*SC68b, \*SC72, \*SC72a, \*SC72b, \*SC74, \*SC74a, \*SC76, \*SC77a- \*SC77f, \*SC84, \*SC86, \*SC88): FOLLOW SKIP FOR FIRST ENDORSED ITEM.

\*SC77a-\*SC77f EQUALS '1' ..... 1 GO TO \*SP1  
\*SC74 EQUALS '1' OR \*SC74a EQUALS '1' OR \*SC86 EQUALS '1' ..... 2 GO TO \*SO1  
\*SC76 EQUALS '1' ..... 3 GO TO \*AG1  
\*SC88 EQUALS '1' ..... 4 GO TO \*AG1  
\*SC72 EQUALS '1' ..... 5 GO TO \*G1 INTRO 1  
\*SC72a EQUALS '1' ..... 6 GO TO \*G1 INTRO 2  
\*SC72b EQUALS '1' ..... 7 GO TO \*G1 INTRO 3  
\*SC84 EQUALS '1' ..... 8 GO TO \*G1 INTRO 3  
\*SC68 EQUALS '1' ..... 9 GO TO \*IED1  
\*SC68a EQUALS '1' ..... 10 GO TO \*IED3 INTRO 4  
\*SC68b EQUALS '1' ..... 11 GO TO \*IED3 INTRO 5  
ALL OTHERS ..... 12 GO TO \*SD1