

Haematological Alterations Associated with Panic Disorder among Sri Lankan University Students: A Case-Control Study

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Additional File 01: Tools/Instruments used in the Study

Tool 01.

Screening tool – Used to screen students for panic disorder according to the DSM-5 criteria.

Name: _____ Age: _____ Sex: M / F Tel. No.: _____

Have you been diagnosed with Panic Disorder (PD) by a Medical officer/Psychiatrist? Yes / No

Have you ever experienced a panic attack? Yes / No

(A panic attack is the ultimate expression of peaked pathological anxiety – it is a discrete episode of intense fear and physical discomfort associated with some of the following symptoms - dizziness, shortness of breath, palpitations, pounding heart, fast heartbeat, sweating, difficulty breathing, shivering/shaking, nausea, vomiting, fainting, feeling like you are detached from the environment, from yourself, fear of dying, fear of going crazy, fear of losing control)

If you answered 'yes' for the above, answer the questions in section 2.

What symptoms do you experience during panic attacks? *(Tick all the symptoms that you experience)*

☐ Difficulty breathing	☐ Palpitations	☐ Fear of going crazy
☐ Shortness of breath	☐ Pounding heart	☐ Fear of losing control
☐ Hyperventilation (fast breathing)	☐ Fainting	☐ Feeling like you are detached from yourself
☐ Fast heartbeat	☐ Fear of dying	☐ Feeling like you are detached from surrounding
☐ Nausea/vomiting	☐ Sweating	
☐ Dizziness/feeling faint	☐ Shivering/shaking	

Do these attacks negatively interfere with your life? Yes / No

Have you changed your behaviour/avoided certain instances due to these attacks? Yes / No

Do have a fear of future panic attacks? Yes / No

How long have you suffered from such attacks? Few days / 2-4 weeks / more than a month

My panic attacks occur: only for specific triggers / sometimes spontaneously / mostly spontaneously

Tool 02.

Panic Assessment Questionnaire (PAQ) – Validated and reliability assessed
Used to assess the severity of clinical panic measures.

Questionnaire – Panic Assessment

The following questionnaire includes questions that may cause emotional distress due to the discussion of symptoms and potential triggers. It deals with sensitive and personal content including triggering personal and childhood experiences, sexual and physical abuse, physical health conditions, psychological disorders, suicidal tendencies and substance/alcohol abuse/addictions. Please try to answer as honestly as you can. Your answers will be kept confidential.

Please use the participant ID provided to you in the consent form.

Data Collection

Participant ID: _____

Age: _____

Sex: Male / Female

District of permanent residence: _____

Current stage of university education: 1st year / 2nd year / 3rd year / 4th year / final year / postgraduate

1. Panic Status Assessment

1.1 Have you ever been diagnosed with Panic Disorder (PD) by a Medical officer/Psychiatrist?

Yes	No
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1.2 Have you ever experienced a panic attack?

Yes	No
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(A panic attack is the ultimate expression of peaked pathological anxiety – it is a discrete episode of intense fear and physical discomfort associated with some of the following symptoms - dizziness, shortness of breath, palpitations, pounding heart, fast heartbeat, sweating, difficulty breathing, shivering/shaking, nausea, vomiting, fainting, feeling like you are detached from the environment, from yourself, fear of dying, fear of going crazy, fear of losing control)

If you answered 'yes' for the above, answer the questions in section 2.

2. Panic Severity Assessment

2.1 What symptoms do you experience during panic attacks? *(Tick all the symptoms that you experience)*

Difficulty breathing		Shivering/shaking	
Shortness of breath		Crying	
Hyperventilation (fast breathing)		Overwhelming fear	
Fast heartbeat		Chest pains/tightness	
Nausea/vomiting		Fear of dying	
Dizziness/feeling faint		Fear of going crazy	
Palpitations		Fear of losing control	
Pounding heart		Feeling like you are detached from yourself	
Choking sensation		Feeling like you are detached from your surroundings	
Sweating			

2.2 Do these attacks negatively interfere with your life? ☐ Yes ☐ No

2.3 How long does it take for symptoms to reach peak severity from the time of onset?

☐ Reaches peak within seconds ☐ 5-10 minutes ☐ 10-30 minutes ☐ 30-60 minutes

2.4 How often do you get panic attacks?

☐ 1-2 times a month ☐ 1-3 times a week ☐ Almost every day/everyday ☐ Very rarely

2.5 How are your panic attacks triggered?

☐ When I'm stressed - out of the blue ☐ Always out of the blue ☐ Only for specific triggers

2.6 Do you show any of the following behaviours to prevent triggering panic attacks/prevent facing stressful situations that may trigger panic attacks? *(Tick the number that corresponds to your response)*

0-never, 1-rarely, 2-occasionally, 3-often, 4-always/almost always

1	Avoiding generally stressful situations	0	1	2	3	4
2	Procrastinate studies/assignments or avoid sitting for exams to avoid being stressed	0	1	2	3	4
3	Spent an unreasonably long time on/preparing for a relatively insignificant task	0	1	2	3	4

4	Avoiding voicing your opinion to prevent hurting others' feelings	0	1	2	3	4
5	Avoiding leaving the house to avoid public places, crowded/loud places, unclean/untidy places or social situations	0	1	2	3	4
6	Avoid participating or talking in public situations/ presentations to avoid humiliation	0	1	2	3	4
7	Avoid love/relationships/attachments in fear of abandonment, loss or rejection	0	1	2	3	4
8	Avoid leaving the house unless necessary to avoid meeting people	0	1	2	3	4
9	Thinking about future outcomes or planning future engagements excessively due to fear of uncertainty, failure or negative outcomes	0	1	2	3	4
10	Avoiding anything or any situation that may trigger panic attacks	0	1	2	3	4

2.7 Do have a fear of future panic attacks? ☐ Yes ☐ No

2.8 Have you ever had suicidal tendencies due to panic attacks? ☐ Yes ☐ No

2.9 Have you ever considered using self-harm to cope with the pain caused due to panic attacks?
☐ Yes ☐ No

2.10 Have you ever used self-harm to cope with the pain caused due to panic attacks? ☐ Yes ☐ No

2.11 Have you ever considered using drugs/alcohol to cope with the stress caused due to recurring panic attacks? ☐ Yes ☐ No

2.12 Have you ever used drugs/alcohol to cope with the stress caused due to recurring panic attacks? ☐ Yes ☐ No

Means-Christensen et al. (2003), Monkul et al. (2004), Forsell et al. (2019), Plehn & Peterson (2002), Norton et al. (2008), DSM-III, DSM-IV, PDSS