



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Student Name: Charmaine Roach

Student Number: 1913890

Module: BMHP6006

Lecture Name: Bianca Sanfilippo

Module Name: Mental Disorder and Psychopathology

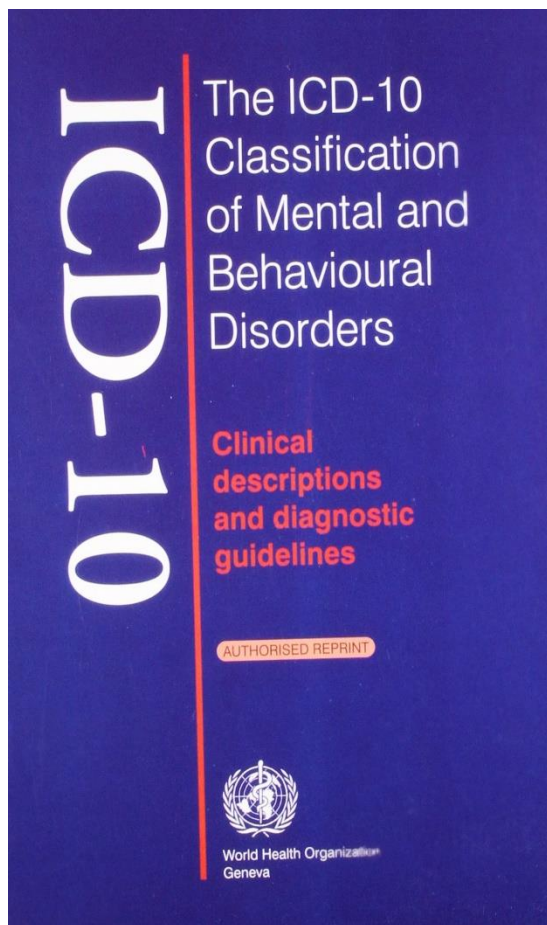
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Supporting Paper on Panic Disorder

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Module: Mental Disorder and Psychopathology

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Introduction:

In this Supporting paper report, I will be looking more in-dept into panic disorder in which I will be applying ICD10 chapter five F41.0 alongside page 208-209 in DSM-5 300.01 (F41.0) where it also has the diagnostic criteria and diagnostic features. Feeling anxious or having an anxiety which can be cause by everyday struggle in life can be overwhelming. For example struggle of paying the bills alone can trigger anxiety which can lead into a panic attack or even having a panic disorder, however in this report I will look into what the causes are for this disorder and how we can overcome this, it is Ok not to feel Ok but it's how we can control this disorder which is not life threatening and there is help and support one can received.

What is panic disorder

“Panic disorder is one of the most popular anxiety disorder with duration occurrence level in the general inhabitants reported between 2.1-4.7%. This disorder known as panic disorder is typically linked with a chronic progress, which results in fiscal burden and a loss of quality of life”. (Kim, Y., 2019).

According to ICD10 chapter 5 (F41.0) Recurring panic attacks or panic disorder that are not regularly connected with a particular situation or reason and often happening unexpectedly for example unpredictable episode. The Panic attacks are not related with mark exertion or with exposure to dangerous or life-threatening situations. This disorder has characterised of intense fear, discomfort, this start abruptly can reach to build-up within few minutes and last for few minutes. (World Health organization. 1993. *ICD-10 classification of mental disorder*).

“A panic disorder refers to recurrent unexpected panic attacks. A panic attack (panic disorder) DSM-5 300.1 (F41.0) is a rapid surge of extreme fear or severe distress that reaches a peak within minutes during this time, four or more list of physical and cognitive signs follows”. (DIAGNOSTIC AND STATISTICAL MANUAL MENTAL DISORDER DSM-5, 1844).

Classification on ICD 10 (F41.0) and DSM-5 (F41.0)

Looking into the two classifications ICD 10 F41.0 tell you about the specific situation or object which often appears suddenly, and this episode is erratic. However panic disorder episodes do not expose danger or neither life-threatening. In DSM-5 (F41.0) it explains panic disorder do not occur only in response to feared. (DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDER DSM-5, 1844)

(ICD-10 classification of mental disorder, 1993).

Social Anxiety Disorder: What is it?



[online] Available at: <<http://www.bing.com images>> [Accessed 7 April 2022].

According to Diagnostic and statistical manual of mental disorder fifth edition DSM-5, (2022) under (Comorbidity) panic disorder happens in clinical settings in the absence of another psychopathology. The occurrence of panic disorder is higher in people with other disorders, especially other anxiety disorders (specifically agoraphobia), general depression, bipolar disorder, and maybe mild alcohol use disorder. While panic disorder often has a prior age at the beginning than the comorbid disorders, inception occurs sometimes after the comorbid disorder and may be seen as a harshness marker of the comorbid illness.

Lifetime rates of comorbidity has been reported between a major depressive disorder and panic disorder, which vary widely ranging from 20% to 65% in persons with panic disorder. In approximately on third of persons with both disorders, the authoritarianism precedes the onset of panic disorder.

Statistics on Anxiety:

According to Anxiety UK, (2020) key figures show how widespread anxiety condition is and mental disorder.

1. 1 in 6 adults (17%) surveyed in England met the criteria for Common Mental Disorder (CMD) in 2014 this has expanded to (2.9%) since 1993.
2. 2013, 8.2 million cases of anxiety disorder.
3. (5.9%) adults in the United Kingdom reported undergoing Generalised Anxiety, (GAD).
4. (2.4%) reported Phobias.
5. (1.3%) OCD
6. (0.6%) panic disorder.

Looking at Common Mental Disorder by regions in the United Kingdom (GAD) was very common in the Northwest and Northeast. (8.3%) was Phobias which is in the Northwest and West Midland. (3.1%). OCD was very common with a percentage of (2.7%), panic disorder was very common in the northwest by (1.4%). In the middle of March 20th to March 30th, 2020, (49.6%) of individuals in The United Kingdom reported High (rating 6-10) anxiety. This was alarmingly elevated weigh against 2019 with (21%) and compares to more than 25 million people this was out of the population age range from 16 years and upwards.

According to Introduction to statistics, (2017) Nearly 1 in 4 individuals in the United Kingdom will encounter a mental health problem each year.

In United Kingdom 1 in 6 people report undergoing a common mental health problem such as anxiety and depression in any given two weeks. (Introduction to statistics, 2017).

1. Generalised anxiety disorder 5.9 in 100 persons.
2. Depression 3.3 in 100 persons.
3. Phobias 2.4 in 100 persons.
4. OCD 1.3 in 100 persons.
5. Panic disorder 0.6 in 100 persons.
6. Post-traumatic stress PTSD 4.4 in 100 person. (Introduction to statistics, 2017)

Continued from page 6

According to Tham and Gooding, (2022) “In 2015 the popularity of depressive related mental health problems was assessed to be (4.4%) globally (4.5%) in the United Kingdom and (5,9%) in the USA. WHO (World Health Organization, 2017) with the prevalence of anxiety assessed at (3.6%) globally (4.2%) in the United Kingdom and (6.3%) in the United State of America. WHO (2017) both depression and Anxiety are major public health issues” (Tham and Gooding, 2022)

History On Panic Disorder:

According to Crocq, MD, n.d. (2015) "The 19th century into the 20th century the names used to diagnose generalized anxiety included pantophobia, along with anxiety neurosis. Such word refers to paroxysmal meaning (panic) as well as interproximal phenomenology (fearful mental state) generalized anxiety was deemed one of many symptoms of neurasthenia, a vaguely specified illness. (GAD) Generalized anxiety disorder occurs as a diagnostic classification in the third edition of the diagnostic and statistical manual of mental disorder (DSM-111) in 1980 When anxiety neurosis was split in GAD and panic disorder." (Crocq, MD, n.d.)

According to Nardi and R Freire, (2016) "panic disorder was defined in several literary report and folklore. Perhaps one of the oldest cases in the Greek mythology which the Pan god was accountable for the term panic. Before the 1850 the symptoms for anxiety were still usually linked with signs and symptoms of depression. In the second half of the nineteenth century a developing change began to take place in anxiety symptoms". (Nardi and R Freire, 2016)

"Henry Maudsley in 1879 illustrate a melancholic panic, this was the first period the term panic as theoretically used in psychiatry". (Nardi and R Freire, 2016).

"In the late 19th century in the middle of traditional days there was a long intermission during which anxiety was not to be made A separate illness. Nevertheless, cases of anxiety disorder kept being reported, regardless of if it was under a different a name" (CrocQ ,2015)

Diagnostic Criteria for Panic Attacks

- Palpitations, pounding heart, or accelerated heart rate
- Sweating
- Trembling or shaking
- Sensations of shortness of breath or smothering
- Feeling of choking
- Chest pain or discomfort
- Paresthesias (numbness or tingling sensations)
- Chills or hot flashes
- Nausea or abdominal distress
- Feeling dizzy, unsteady, lightheaded, or faint
- Derealization (feelings of unreality) or depersonalization (being detached from oneself)
- Fear of losing control or going crazy
- Fear of dying

(DSM-IV, 1994)

Panic disorder is a wave of intense fear or a distress that reaches its peak within minutes. This sudden rush can happen from a calm state or an anxious state according to (Diagnostic and statistical manual of Mental disorder fifth edition DSM-5, 1844). The diagnostic includes

- a. Pounding heart, palpitations, increase of heart rates
- b. Sweating
- c. Shortness of breath
- d. Chest pain, discomfort, feeling dizzy, lightheaded, chills or heat sensation
- e. Fears of dying, fear of losing control.

(Diagnostic and statistical manual of Mental disorder fifth edition DSM-5, 1844)

Historical Treatment/ Current treatment

According to (mental health treatment past and present, n.d.) "Mentally ill have been treated incredibly poorly. It was thought that mental illness was caused by demonic control, witchcraft, or an angry god (Szasz, 1960). In old-fashioned days odd behaviours were viewed as a sign that person was influenced by demons. The most common treatment was exorcism which was often performed by priests or other religious figures. Incantations and prayers were said over the individual's body, and she may have been given some medical drinks". (Mental health treatment past and present, n.d.)

According to (Micah, 2020) Soldiers in the American Civil war were taught to suffer from what was called irritable heart syndrome when they show signs of heart palpitation and shortness of breath sometimes now known to be post-traumatic stress disorder. This was sometimes treated using opium whose additive effects were not yet well known. Nerve weakness it was called in the late 1800s when ethyl alcohol and bromide salt were added to the list of treatment.

Current Treat (Panic attacks and panic disorder, n.d.) treatment for current panic disorders are

1. Psychotherapy called talk therapy.
2. Medications which can help to reduce symptoms. There are several types of medications (a) Serotonin and norepinephrine (b) Benzodiazepines.
3. Lifestyle and home remedies. For examples (a) Relaxations, avoid caffeine, join a support group, get sufficient sleep and regular physical exercise.
4. Alternative Medication. Some dietary supplements have been studied as a treatment for panic disorder.

Case Study:

Sarah: Sarah was one of the most lucky smart intelligent confident young woman until she met her husband, unfortunately her marriage became a catastrophe, this confident young woman became shy and very much build up a barrier, she was lonely and felt very uncomfortable about herself, she was raising four children on her own when her marriage came to an end, this was very stressful and the nightmare began where she began to feel unwanted, neglected, lack of confident. This led her into a state of depression. She began fighting this feeling until one day her close friend her confidant suddenly died. This sent her into a sense of fear, worried, feeling her heartbeat racing, shaking, anxiety took over then thrown her into a panic attack. She eventually had to seek doctors' advice as she felt her whole world falling apart. However, her doctor diagnosed her and decided to put her on medication. She felt that with the medication she would eventually get hook on it as it felt normally taking them. Eventually she had to advice herself that she did not want this medication anymore and wanted to live a normal life. She began to take counselling which help and now she is victorious and very much able to handle a panic attack if she feels one coming on. She is still a bit shy but love the world and the progress she has made.

Recommendation:

After looking and researching panic disorder I would recommend Psychotherapy (talking to someone) this helps where you can understand panic disorder and learn how to cope with them. this is not dangerous however it does makes you feel like you are dying but it can be control talking with someone does help so there I would recommend Psychotherapy or other alternative medication before you take the medication doctors would offer you this depend on your situation and how far your panic disorder have gone.

Conclusion

Looking into the DC10 (F41.0) also DSM-5 (300.1 F41.0) both have explained what a panic disorder is and the symptoms. This clearly shows that panic disorder can be control and help is there at hand also support. There are many cases of anxiety this is part of our daily lives however one must take time out for themselves try and relax think of the positive. When you are feeling overwhelm one must remember there are many support out there that can help, speak to your General Practitioner, speak to someone who may offer you the help that is needed to get you to relax ,for example yoga, excises classes, Psychotherapy, Panic Disorder is not life threatening, there is help and care given as soon as the sign are recognise there is lot of support where one can control their anxiety.

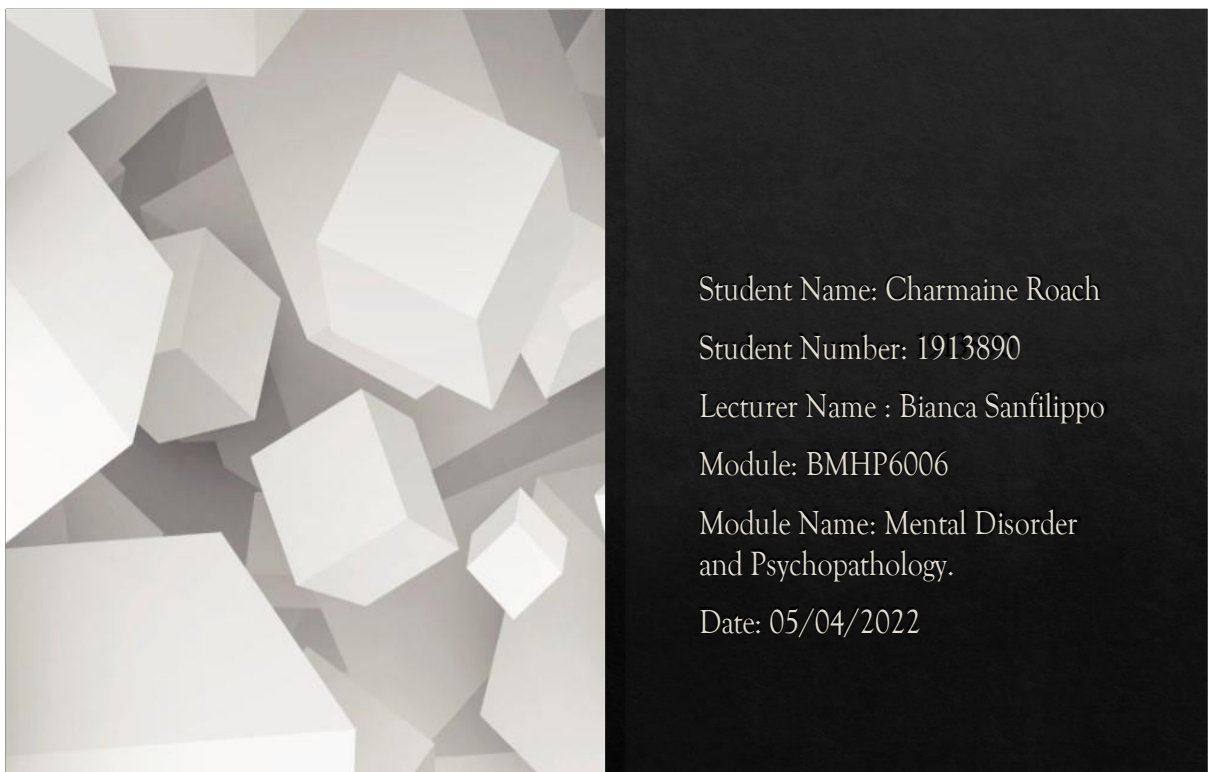
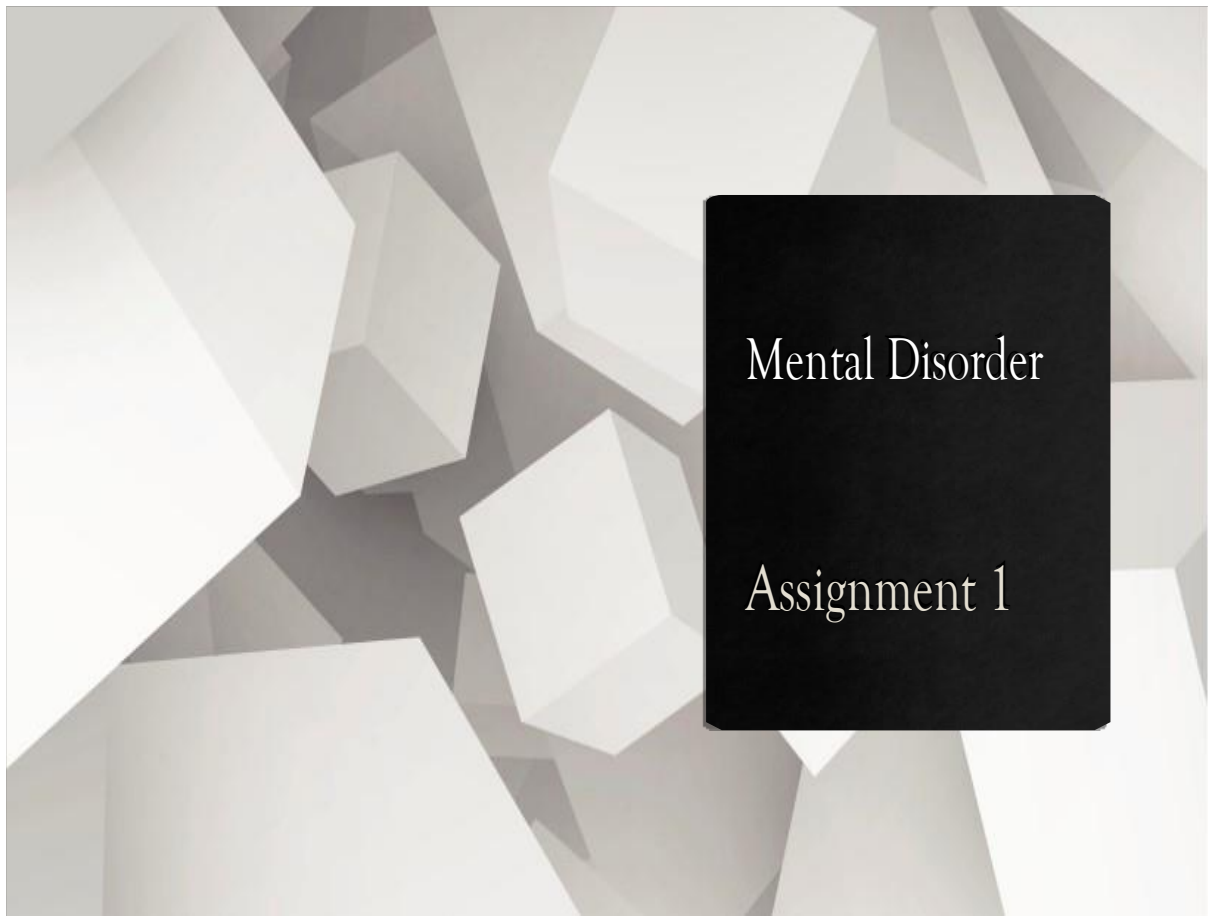
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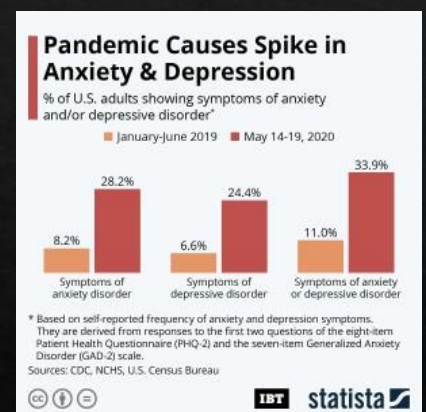
Panic Disorder

♦ Introduction

- ♦ ICD 10 Chapter 5 F41.0
- ♦ Panic Disorder is a mental disorder which comes in many forms and is also one of the most common anxiety disorder. This disorder is normally linked with a longlasting progression which the outcome can be the lost of quality of life. (Psychiatry Investigation 2019).
- ♦ Panic Attack is a disorder and can happen very regular or frequently, the feeling of panic attract make you feel very uneasy causes anxiety this can range from mild to severe.
- ♦ Panic attract is a serious life stress which can be cause by loosing some one very close , a brake up of a relationship, traumas, sexual assault or even having a baby. (Mayo Clinic. 1998).
- ♦ Having a panic attract make it feels like one is having a heart attract, at this stage it is advisable that one may seek medical advise. This disorder make one become fearful, and this can be very scary and frightening .

SATISTICS on Anxiety which leads to Panic Disorder

- ♦ According to Anxiety UK (key data, 1970) shows 1 in 6 adults which is 17% in the United Kingdom met the criteria for Common Mental Disorder CMD 2014. from 1993 this has an increase of 2.9%.
- ♦ There were 8.2 million cases of anxiety disorder in 2013.
- ♦ Global Burden of Diseases Study (2010) “ Quote the most Predominant mental health problems world wide are depression and anxiety”.
- ♦ According to Anxiety UK statics shows that 5.9% of adults in the Untied Kingdom stated they are suffering from (GAD) Generalised Anxiety Disorder. Also Phobias (2.4%) OCD (1.3%) and Panic Disorder which is (0.6%).
- ♦ Looking at the different regions North West North East , West Midland and East midland . Panic Disorder was most common in the north west by (1.4%)





- “Panic Disorder was disorder was defined in some literary reports and folklore as one of the oldest cases which lies in the Greek mythology where Pan god was responsible for the term panic” (Nardi and Freire 2016)
- “The Systems for anxiety were still usually connected with sign and symptoms of depression before 1850.” (Nardi and Freire 2016)
- According to (Nardi and Freire 2016) a development of change began to take place in the ground of anxiety symptoms. “Henry Maudsley in 1879 defined a despondent panic was the first time the word panic was theoretically used in analysis.”
- “In the middle of traditional olden days and the late 19th century there was a long intermission during which anxiety was not to be made as a separate illness. Nevertheless, usual cases of anxiety disorder kept being reported, even if it was under not the same names”. (Crocq 2015)



Diagnosis on Panic Disorder & Symptoms

“According to Diagnostic and Statistical Manual of Mental Disorders DSM5”

DSM-5 300.01 (F41.0) Diagnostic. “A panic attack is an rapid gush of extreme fear of intense distress that reaches a peak within minutes, and during this time four or many other symptoms occur. The sudden surge can take place from a calm state to an anxious state.

Symptoms Are : “Palpitation, Pounding heart, or heart rates increases, Sweating, Trembling or shaking, Shortness of Breath, Chest pain, Nausea, abdominal, distress, fear of losing control, fear of dying, feeling dizzy, light headed or faint”.

(Diagnostic and statistical manual of mental disorders, 2013)



Treatment for Panic Disorder

- ❖ “Treatment can help to lessen the intensity and occurrence of panic attacks and progress. Treatment options for Panic Disorder are psychotherapy and medication, either one maybe suggested to have depending on your history and the severity of your panic disorder and access therapists who is specifically trained in treating panic disorder”.
 - ❖ Psychotherapy: “This called talk therapy and is considered an actual first choice treatment for panic attack and panic disorder”.
 - ❖ Medication: “helps reduce or prevent symptoms linked with panic disorder including depression.
- “There are more than a few types of medication which have been shown to be actual effective in managing symptoms of panic disorder such as, Selective serotonin reuptake inhibitors, Benzodiazepines, and Serotonin and norepinephrine reuptake inhibitors (Panic attacks and panic disorder, 1998)

Alternative Medication: studies have been made on some dietary supplements as a treatment for panic disorder, however more researches is needed to identify the risk and benefit (Panic attacks and disorder, 2018)

Historical Treatment and Current Treatment

- ❖ Historical Treatment:
- ❖ According to Abraham BSc, M., (2020) “through the Victorian era, women who got hysterical was seen as crazy. This pressure was build up by being stuck indoors without a job or anything to do. Which as lead to their unfamiliar behaviours. If the woman had persistent panic attacks her husband or family would most likely to take her off to the local; insane asylum where they would be treatments which includes electroshock therapy and in some severe cases lobotomization. At the end of the day, an at home treatment for women with anxiety disorder was invented and in the modern day this was known as a vibrator .
- ❖ “Soldieries suffer from irritable heart syndrome, when they showed shortness of breath this is now known as post-traumatic stress disorder. This disorder was treated occasionally through the use of opium whose addictive effectives was not known or understood this was called nerve weakness in the late 1800s when ethyl alcohol and bromide salt were added to the list of treatments” (Abraham BSc, M.,2020)
- ❖ Current Treatment
- ❖ Psychological Evaluation
- ❖ Medications are : Selective serotonin reuptake inhibitors which is safe with a low risk of side effects. (Antidepressant)
- ❖ Serotonin and norepinephrine reuptake inhibitors (Antidepressants) which is FDA approved for panic disorder
- ❖ Benzodiazepines also approved by the FDA for panic disorder.
- ❖ (panic attacks and panic disorder, 1998)

Recommendation/Conclusion

◆ Recommendation:

- ◆ According to the NHS panic disorder is a rush of intense mental and physical symptoms it is frightening and can be distressing. The signs are heartbeat racing, sweating, nausea, chest pain, feeling shortness of breath, with these signs you become fearful. However, treatments are recommended for example complementary therapies, aromatherapy, yoga, try to relax (reading a book, listen to your favorite songs, breathing techniques). Medication can be referred to a specialist, try not to fit it, stay positive, look at some relaxing images and remember having a panic disorder is not life threatening help can be given to control your panic disorder (NHS, n.d).

- ◆ Conclusion: Looking into panic disorder it can have a disabling effect on your daily life, struggling with this disorder can be fearful, frightening, and can cause depression and becomes more severe where it can cause mental problems therefore it is advisable to speak to your GP and get help as soon as possible, there is help and treatment that is offered to get one back on track with their lives. Although anxiety can be caused by emotions of our daily surroundings this can also be normal. There are many people who are suffering from this disorder because of many reasons. One must remember this is not a life-threatening and there are loads of help and recommendation for everyone to overcome this mental disorder and have a normal life.



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