

| <p>*PD1. INTRO 1 Earlier you mentioned having attacks of fear or panic 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>*PD1. INTRO 2 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>SKIP TO *PD2 AFTER <u>FOUR</u> "YES" RESPONSES</p> | <p>YES (1)</p> | <p>NO (5)</p> | <p>DK (8)</p> | <p>RF (9)</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 GO TO *PD1m | 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 *PD66**
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?

(IF NEC: Did they begin within ten minutes after the start of the attack?)

YES1
(IF VOL) SOMETIMES3
NO5 **GO TO *PD66**
DON'T KNOW8 **GO TO *PD66**
REFUSED9 **GO TO *PD66**

*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?

Was it:
during the past month?
more than a month to six months ago?
more than six months to twelve months ago?
or more than twelve months ago?

PAST MONTH 1 **GO TO *PD8**
MORE THAN A MONTH TO SIX MONTHS AGO..... 2 **GO TO *PD8**
MORE THAN SIX MONTHS TO TWELVE MONTHS AGO 3 **GO TO *PD8**
MORE THAN TWELVE MONTHS AGO..... 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 KNOW998 **GO TO *PD7b**
REFUSED999 **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 SCHOOL4
BEFORE TEENAGER12
NOT BEFORE TEENAGER.....13
WHOLE LIFE OR DON'T KNOW998
REFUSED999

*PD8. Attacks of this sort can occur in three different situations. The first are when the attacks occur unexpectedly "out of the blue", for no obvious reason. The second are when a person has an unreasonably strong fear. For example, some people have a terrible fear of insects 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 for no obvious reason", 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 FOR NO OBVIOUS REASON 1
STRONG FEAR.....2
REAL DANGER.....3
DON'T KNOW8
REFUSED9

GO TO *PD66

***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 *PD10**

DON'T KNOW.....998 REFUSED 999

***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 TEENAGER13
WHOLE LIFE OR DON'T KNOW.....998
REFUSED999

***PD10.** Did you have one of these attacks at any time in the past 12 months?

YES 1
NO 5 **GO TO *PD10d**
DON'T KNOW 8 **GO TO *PD10d**
REFUSED 9 **GO TO *PD11**

***PD10a.** How recently?

Was it:
during the past month?
more than a month to six months ago?
or more than six months to twelve months ago?

PAST MONTH 1
MORE THAN A MONTH TO AND SIX MONTHS AGO 2
MORE THAN SIX MONTHS TO TWELVE MONTHS AGO 3
DON'T KNOW..... 8
REFUSED 9

***PD10b.** During the past 12 months, in how many weeks did you have at least one attack?

_____ NUMBER

DON'T KNOW98
REFUSED99

***PD10c.** And how many attacks in all did you have in the past 12 months?

_____ NUMBER GO TO *PD11

DON'T KNOW98 GO TO *PD11
 REFUSED99 GO TO *PD11

***PD10d.** How old were you the last time you had one of these attacks?

_____ YEARS OLD

DON'T KNOW998
 REFUSED999

***PD11.** What is the largest number of attacks you ever had in any single year of your life?

_____ NUMBER OF ATTACKS

DON'T KNOW998
 REFUSED999

***PD12.** About how many separate years in your life did you have at least one attack?

_____ YEARS

DON'T KNOW998
 REFUSED999

| *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 GO TO *PD14 | 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 GO TO *PD14 | 5 | 8 | 9 |
| *PD13c. A month or more when you changed your everyday activities because of the attacks? | 1 GO TO *PD14 | 5 | 8 | 9 |
| PD13d. A month or more when you avoided certain situations because of fear about having another attack? | 1 GO TO *PD14 | 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

*PD16. Did you have a month of worry or change in activity like that in the past 12 months?

YES..... 1
NO 5 **GO TO *PD16e**
DON'T KNOW 8 **GO TO *PD16e**
REFUSED 9 **GO TO *PD16e**

*PD16a. How recently?

Was it:
during the past month?
more than a month ago to six months ago?
or more than six months ago?

PAST MONTH..... 1
MORE THAN A MONTH TO SIX MONTHS AGO 2
MORE THANSIX MONTHS AGO..... 3
DON'T KNOW 8
REFUSED 9

*PD16b. How many months of worry or change in activity did you have in the past 12 months?

_____ NUMBER OF MONTHS

DON'T KNOW98
REFUSED99

*PD16c. During the time in the past 12 months when your worry about having another attack was most frequent and severe, did you worry nearly all the time, most of the time, often, sometimes, or only rarely?

NEARLY ALL THE TIME1
MOST OF THE TIME2
OFTEN3
SOMETIMES4
ONLY RARELY5
DON'T KNOW8
REFUSED9

*PD16d. And how severe was the worry during this time -- mild, moderate, severe, or so severe that you were unable to carry out important tasks?

- MILD1
- MODERATE.....2
- SEVERE3
- SO SEVERE.....4
- DON'T KNOW8
- REFUSED9

GO TO *PD17

*PD16e. About how old were you the last time you had a month like this when you worried about having another attack?

_____ YEARS OLD

- DON'T KNOW998
- 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”, for no obvious reason. The second is when a person has an unreasonably strong fear. For example, some people have a terrible fear of insects 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”, for no obvious reason?

- YES1
- NO.....5 **GO TO *PD18**
- DON'T KNOW8 **GO TO *PD18**
- REFUSED9 **GO TO *PD18**

*PD17a. About how many attacks in your lifetime occurred unexpectedly “out of the blue”, for no obvious reason?

_____ NUMBER OF ATTACKS

- IF R REPORTS MORE THAN 900.....900
- IF R REPORTS “MORE THAN I CAN REMEMBER”995
- DON'T KNOW998
- REFUSED999

*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 *PD66**

***PD20a.**INTERVIEWER CHECKPOINT: (SEE ***PD18 - *PD19**)

***PD18** EQUALS '0' AND ***PD19** EQUALS '0'1 **GO TO *PD22**
ALL OTHERS.....2

***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 SCHOOL4
BEFORE TEENAGER12
NOT BEFORE TEENAGER.....13
WHOLE LIFE OR DON'T KNOW998
REFUSED999

***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 LITTLE2
SOME.....3
A LOT4
EXTREMELY.....5
DON'T KNOW8
REFUSED9

*PD23. INTERVIEWER CHECKPOINT: (SEE *PD17a)

*PD17A EQUALS '1' 1
ALL OTHERS 2 **GO TO *PD24a**

*PD24. Did this unexpected "out of the blue" attack occur while you were asleep?

YES 1
NO 5
DON'T KNOW 8
REFUSED 9

GO TO *PD66

*PD24a. How many of your unexpected "out of the blue" attacks occurred while you were asleep?

_____ NUMBER

DON'T KNOW98
REFUSED.....99

*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?

YES1
NO5 **GO TO *PD33**
DON'T KNOW8 **GO TO *PD33**
REFUSED9 **GO TO *PD33**

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

YES1
NO5 **GO TO *PD33**
DON'T KNOW8 **GO TO *PD33**
REFUSED9 **GO TO *PD33**

*PD25c. Briefly, what were the physical causes?

*PD33. INTERVIEWER CHECKPOINT: (SEE *PD20a)

*PD20a EQUALS '1'1
ALL OTHERS.....2 **GO TO *PD35**

***PD34.** INTERVIEWER CHECKPOINT: (SEE ***PD10**)

***PD10** EQUALS '1'1 **GO TO *PD40**
ALL OTHERS.....2 **GO TO *PD39**

***PD35.** INTERVIEWER CHECKPOINT: (SEE ***PD10**)

***PD10** EQUALS '1'1
ALL OTHERS.....2 **GO TO *PD39**

***PD36.** In the past 12 months, how many unexpected “out of the blue” attacks did you have?

_____ NUMBER OF ATTACKS

DON'T KNOW998
REFUSED999

***PD37.** INTERVIEWER CHECKPOINT: (SEE ***PD36**)

***PD36** EQUALS “0”1
***PD36** EQUALS “1”2 **GO TO *PD38**
ALL OTHERS.....3 **GO TO *PD37b**

***PD37a.** How old were you the last time you had an unexpected “out of the blue” attack?

_____ YEARS OLD **GO TO *PD39**

DON'T KNOW98 **GO TO *PD39**
REFUSED99 **GO TO *PD39**

***PD37b.** In the past 12 months, about how many weeks did you have at least one of these attacks?

_____ NUMBER

DON'T KNOW98
REFUSED99

***PD38.** How recently?

Was it:
during the past month?
more than a month ago to six months ago?
or more than six months ago??

PAST MONTH 1
MORE THAN A MONTH TO SIX MONTHS AGO 2
MORE THAN SIX MONTHS AGO3
DON'T KNOW 8
REFUSED 9

GO TO *PD40

***PD39.** INTERVIEWER CHECKPOINT: (SEE ***PD16**)

- *PD16** EQUALS '1'1 **GO TO *PD41**
 - ALL OTHERS2 **GO TO *PD50**
-

***PD40.** When you had an attack in the past 12 months, how much emotional distress did it cause you during the attack itself -- none, mild, moderate, severe, or so severe that you were unable to concentrate and had to stop what you were doing?

- NONE1
 - MILD2
 - MODERATE.....3
 - SEVERE4
 - SO SEVERE.....5
 - DON'T KNOW8
 - REFUSED9
-

***PD41.** Sometimes people with attacks get upset by physical sensations that remind them of the attacks. Examples include being out of breath after physical exercise, feeling speeded up after drinking coffee or drinks containing caffeine, feeling out of control after using alcohol or drugs, and feeling tingly while watching a scary motion picture or television show. In the past 12 months, did you ever get upset by any physical sensations that reminded you of your attacks?

- YES.....1
- NO.....5 **GO TO *PD44**
- DON'T KNOW8 **GO TO *PD44**
- REFUSED9 **GO TO *PD44**

***PD41a.** How strong was your discomfort with any physical sensations like these in the past 12 months – mild, moderate, severe, or so severe that you became very worried that these sensations might cause you to have another attack?

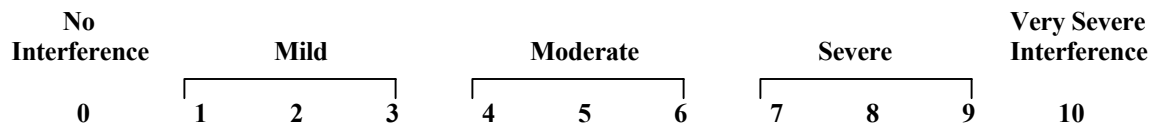
- MILD1
 - MODERATE.....2
 - SEVERE3
 - SO SEVERE.....4
 - DON'T KNOW8
 - REFUSED9
-

***PD42.** How often did you avoid situations or activities that might cause these physical sensations in the past 12 months – all the time, most of the time, sometimes, only rarely, or never?

- ALL THE TIME.....1
- MOST OF THE TIME.....2
- SOMETIMES.....3
- ONLY RARELY4 **GO TO *PD44**
- NEVER.....5 **GO TO *PD44**
- DON'T KNOW8 **GO TO *PD44**
- REFUSED9 **GO TO *PD44**

*PD43. How much did avoidance of these situations interfere with either your work, your social life, or your personal relationships over the past 12 months -- 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



*PD44. (Showcard 40) Think about the month or longer in the past 12 when your attack(s) or worry about the attacks (was/were) most severe. Using the 0 to 10 scale on your showcard 40, where 0 means no interference and 10 means very severe interference, what number describes how much the attack(s) or worry about the attacks interfered with each of the following activities during that time? Please tell me if any of these things do not apply to you.

(IF NEC: How much did the attacks interfere with (ACTIVITY) during that time?)
 (IF NEC: You can use any number between 0 and 10 to answer.)

NUMBER (0-10)

*PD44a. Your home responsibilities, like cleaning, shopping, and taking care of the (house/flat/apartment)? _____
 DOES NOT APPLY..... 97
 DON'T KNOW 98
 REFUSED 99

*PD44b. Your ability to work or study? _____
 DOES NOT APPLY..... 97
 DON'T KNOW 98
 REFUSED 99

*PD44c. Your ability to form and maintain close relationships with other people? _____
 DOES NOT APPLY..... 97
 DON'T KNOW 98
 REFUSED 99

*PD44d. Your social life? _____
 DOES NOT APPLY..... 97
 DON'T KNOW 98
 REFUSED 99

*PD45. INTERVIEWER CHECKPOINT: (SEE *PD44a - *PD44d)

- ALL RESPONSES EQUAL '0' OR '97' 1 **GO TO *PD50**
- ALL OTHERS..... 2

*PD46. During the past 12 months, about how many days out of those 365 were you totally unable to work or carry out your normal activities because of your attacks or because of worry about the attacks?

(IF NEC: You can use any number between 0 and 365 to answer)

_____ NUMBER OF DAYS

DON'T KNOW 998
REFUSED 999

*PD50. Did you ever in your life talk to a medical doctor or other professional about your attacks? (By professional we mean psychologists, counsellors, spiritual advisors, herbalists, naturopaths, homeopaths, acupuncturists, and other healing professionals.)

YES.....1
NO.....5 **GO TO *PD 66**
DON'T KNOW8 **GO TO *PD 66**
REFUSED9 **GO TO *PD 66**

*PD50a. How old were you the first time (you talked to a professional about your attacks)?

_____ YEARS OLD

DON'T KNOW 998
REFUSED..... 999

*PD62. Did you ever get treatment for your attacks that you considered helpful or effective?

YES 1
NO 5 **GO TO *PD62c**
DON'T KNOW 8 **GO TO *PD62c**
REFUSED 9 **GO TO *PD62c**

*PD62a. How old were you the first time (you got helpful treatment for your attacks)?

_____ YEARS OLD

DON'T KNOW998
REFUSED999

*PD62b. How many professionals did you ever talk to about your attacks, up to and including the first time you got helpful treatment?

_____ NUMBER OF PROFESSIONALS **GO TO *PD64**

DON'T KNOW98 **GO TO *PD64**
REFUSED99 **GO TO *PD64**

*PD62c. How many professionals did you ever talk to about your attacks?

_____ NUMBER OF PROFESSIONALS

DON'T KNOW98
REFUSED99

*PD64. 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

*PD65. Were you ever hospitalised overnight for your attacks?

YES 1
NO 5 **GO TO *PD 66**
DON'T KNOW 8 **GO TO *PD 66**
REFUSED 9 **GO TO *PD 66**

*PD65a. How old were you the first time (you were hospitalised overnight because of your attacks)?

_____ YEARS OLD

DON'T KNOW 998
REFUSED 999

***PD66. INTERVIEWER CHECKPOINT (SEE *SC26, *SC26a, *SC26b, *SC28, *SC29.4, *SC30.4):**
FOLLOW SKIP FOR FIRST ENDORSED ITEM.

*SC28 EQUALS '1' 1 **GO TO *SP1, NEXT SECTION**
*SC29.4 EQUALS '1' 2 **GO TO *SO1**
*SC30.4 EQUALS '1' 3 **GO TO *AG1**
*SC26 EQUALS '1' 4 **GO TO *G1 INTRO 1**
*SC26a EQUALS '1' 5 **GO TO *G1 INTRO 2**
*SC26b EQUALS '1' 6 **GO TO *G1 INTRO 3**
ALL OTHERS 7 **GO TO *SD1**