

PDSS

1. Frequency of panic attacks

- 0 = None.
- 1 = Mild (panic-like sensations or limited symptom attacks or less than one full panic in a week).
- 2 = Moderate (one or more full panic attacks a week).
- 3 = Severe (daily attacks reported or several a week).
- 4 = Extreme (attacks occur more than once a day).

2. Distress during panic attacks

- 0 = None.
- 1 = Mild (infrequent and not too intense).
- 2 = Moderate (regular and intense, but still manageable).
- 3 = Severe (very frequent and very intense).
- 4 = Extreme distress with all attacks

3. Anticipatory Anxiety (worry about future attacks)

- 0 = None.
- 1 = Mild (occasional worry about when next panic will occur).
- 2 = Moderate (frequent worry about next attack).
- 3 = Severe (preoccupied with very disturbing worry about next attack).
- 4 = Extreme (near constant and disabling worry).

4. Panic-related Phobic Avoidance of particular situations

- 0 = None.
- 1 = Definite fear or discomfort and desire to avoid at least one situation. Will confront or endure situation under most circumstances
- 2 = Definite fear or discomfort and desire to avoid up to three situations. Will regularly avoid at least one of the situations
- 3 = Definite fear or discomfort and desire to avoid more than three situations. Will regularly avoid two or more situations but may confront if accompanied by a trusted companion. May be evidence of some modification in lifestyle because of avoidance
- 4 = Definite fear and avoidance of several situations. There are definite and major modifications in lifestyle because of avoidance

5. Panic-related Phobic Avoidance of sensations

- 0 = None.
- 1 = Definite discomfort with one or more physical sensations. Will endure sensations under most circumstances.
- 2 = Definite discomfort with and desire to avoid fully experiencing one or more physical sensations. Has reduced certain activities to limit sensations.
- 3 = Definite discomfort with and desire to avoid experiencing one or more physical sensations. Consistently avoids at least one activity to prevent experiencing sensations.
- 4 = Definite discomfort with and desire to avoid experiencing one or more physical sensations. Consistently avoids more than one activity to prevent experiencing sensations.

6. Impairment/ interference in work functioning

- 0 = None.
- 1 = Mild (slight interference with occupational activities, but overall performance is not impaired).
- 2 = Moderate (definite interference with occupational performance but still manageable).
- 3 = Severe (causes substantial interference in occupational performance).
- 4 = Extreme (incapacitating).

7. Impairment/ interference in social functioning

- 0 = None.
- 1 = Mild (slight interference with social activities, but overall performance is not impaired).
- 2 = Moderate (definite interference with social performance but still manageable).
- 3 = Severe (causes substantial impairment in social performances).
- 4 = Extreme (incapacitating).