

Panic Attack Questionnaire-IV (PAQ-IV)

The PAQ-IV is a self-report questionnaire that gathers detailed information on the frequency, severity and characteristics of panic attacks, in accordance with DSM-IV criteria. It helps distinguish panic disorder from other anxiety disorders and provides clinicians with essential data for diagnosis and for developing a treatment plan.

Number of questions	17 questions
Estimated duration	10 minutes
Language	English
Original name	Panic Attack Questionnaire-IV
Target audience	Adults
Authors	Peter J. Norton, Michael J. Zvolensky, Marcel O. Bonn-Miller, Brian J. Cox, G. Ron Norton (2008)
Category	Panic disorder, Anxiety

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each question addresses the symptoms, frequency and context of panic attacks. The responses, generally on Likert-type or multiple-choice scales, are summed to give an overall assessment of the severity and frequency of panic episodes. Specific cutoffs make it possible to estimate the likelihood of panic disorder.

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