



Pergamon

Anxiety Disorders
16 (2002) 351–367

JOURNAL
OF
**Anxiety
Disorders**

Nonclinical panic attacks in late adolescence prevalence and associated psychopathology

Sara G. Mattis*, Thomas H. Ollendick

Virginia Polytechnic Institute and State University, Blacksburg, VA, USA

Received 14 February 2000; received in revised form 4 April 2000; accepted 19 June 2000

Abstract

This study investigated the prevalence of nonclinical panic attacks and associated psychopathology in 576 older adolescents. Nonclinical panic attacks are defined as panic occurring in individuals not seeking treatment. In this study, recent panickers (those reporting at least one nonclinical panic attack in the past month) comprised 12.2% of the sample. Nonpanickers and past panickers comprised 71.4 and 16.5% of the sample, respectively. Recent panickers evidenced significantly higher levels of trait anxiety, state anxiety, and depression, with a trend toward higher levels of anxiety sensitivity and internal negative attributions. This group also reported lower life experiences ratings suggesting higher levels of negative life stress. Finally, 46 recent panickers were administered a structured diagnostic interview, and 31 received a clinical diagnosis. The most common diagnoses were generalized anxiety disorder, social phobia, and specific phobia. Comorbidity rates were high in this sample: 24 of the 31 who received a diagnosis were comorbid with at least one other disorder. Implications of these findings for assessment and treatment are discussed.

© 2002 Elsevier Science Inc. All rights reserved.

Keywords: Nonclinical panic; Panic attacks; Adolescence; Anxiety disorders

* Corresponding author. Present address: Center for Anxiety and Related Disorders, Boston University, 648 Beacon Street, 6th Floor, Boston, MA 02215-2015, USA. Tel.: +1-617-353-9610; fax: +1-617-353-9609.

E-mail address: smattis@bu.edu (S.G. Mattis).

1. Introduction

A panic attack is defined in the Diagnostic and Statistical Manual of Mental Disorders-Fourth Edition (DSM-IV; American Psychiatric Association, 1994) as a discrete period characterized by the sudden onset of intense fear, apprehension, or discomfort which is accompanied by at least 4 of 13 somatic or cognitive symptoms (e.g., palpitations, fear of dying). Norton, Cox, and Malan (1992) defined nonclinical panic attacks as “panic reported by individuals not seeking treatment” (Norton et al., 1992, p. 122), and indicated that the occurrence of nonclinical panic is a fairly common phenomenon, with an average of 30.4% of individuals assessed via questionnaires, such as the Panic Attack Questionnaire (PAQ; Cox, Norton, & Swinson, 1992), reporting at least one panic attack. Norton and coworkers also reported that nonclinical panickers tend to fall in an intermediate range between clinical panickers and nonpanickers on measures of associated depression and anxiety.

While the DSM-IV does not offer information regarding age at onset for panic attacks per se, it does suggest that late adolescence may be the initial peak for onset of panic disorder (a disorder characterized by recurrent unexpected panic attacks). Similarly, the National Institute of Mental Health Epidemiologic Catchment Area Program Study found peak age of onset for panic symptomatology to be between 15 and 19 years of age among adults experiencing panic attacks and panic disorder (Von Korff, Eaton, & Keyl, 1985). In a recent review of the literature, Ollendick, Mattis, and King (1994) concluded that panic attacks are a common occurrence in adolescence, with 35.9–63.3% of adolescent community samples reporting panic attacks.

Warren and Zgourides (1988) conducted an initial normative study of the prevalence and nature of panic attacks in adolescents by administering a panic attack survey to 338 students, aged 12–19. The survey defined panic attacks as “very intense feelings of fear or anxiety that come on very suddenly and unexpectedly and usually reach a peak very quickly.” Symptoms that may occur during a panic attack were listed. Based on survey responses, Warren and Zgourides reported a total panic attack prevalence of 60%, with 29% indicating current problems with panic attacks. Similarly, Macaulay and Kleinknecht (1989) administered a modified version of the PAQ (Norton, Dorward, & Cox, 1986; Norton, Harrison, Hauch, & Rhodes, 1985) to 660 adolescents, aged 13–18. Macaulay and Kleinknecht’s modification of the PAQ described a panic attack as “the sudden occurrence of intense feelings of apprehension, fear, or terror . . . often accompanied by feelings and thoughts that something terrible is about to happen, even though no real danger is present.” Of the respondents, 63.3% reported one or more panic attacks in the past year. The sample was divided into four groups based on self-reported frequency, severity, and distress: no panic (35.7%), mild panic (47.5%), moderate panic (10.4%), and severe panic (5.4%). The mild group evidenced significantly fewer recent attacks (i.e., in the previous 4 weeks) relative to the moderate and severe groups. Finally, Lau, Calamari, and

متن کامل مقاله

دریافت فوری ←

ISIArticles

مرجع مقالات تخصصی ایران

- ✓ امکان دانلود نسخه تمام متن مقالات انگلیسی
- ✓ امکان دانلود نسخه ترجمه شده مقالات
- ✓ پذیرش سفارش ترجمه تخصصی
- ✓ امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
- ✓ امکان دانلود رایگان ۲ صفحه اول هر مقاله
- ✓ امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
- ✓ دانلود فوری مقاله پس از پرداخت آنلاین
- ✓ پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات