

# Panic Disorder in Children and Teens

## What is Panic Disorder?

People with panic disorder have spontaneous, seemingly random panic attacks and may be preoccupied with the fear of having recurring attacks. Fear of experiencing another attack can interfere with many aspects of daily life.

## What are the signs and symptoms of Panic Disorder?

- Sweating, trembling, or shaking
- Chest pain or discomfort
- Feeling dizzy, light-headed, faint, or unsteady
- Derealization (feeling of not being real) or depersonalization (feeling detached from one's body)
- Fear of losing control or dying

## Treatments for Panic Disorder

- The treatment for panic disorder and most other anxiety disorders with the most evidence is **Cognitive Behavior Therapy (CBT)**. In CBT, kids learn about the physical sensations of anxiety and practice facing fears of those physical sensations. CBT helps children maintain a sense of agency and autonomy.
- **Coping skills** help throughout the lifespan and are typically learned in the therapeutic space to assist children in practicing new ways of thinking and behaving.
- Most effective treatments often involve parents or caregivers.