

Appendix 1

Questions capturing panic experiences

Please describe your experience by choosing the option that (most closely) applies to you.

1. How much panic do you feel in general?

- No panic at all
- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- Extreme panic

2. Are there specific situations where you experience panic?

- Yes
- No

If yes, which ones?

- Crowds of people
- Public transportation
- Narrow spaces (e.g., elevators)
- Others, namely:

3. How much panic do you feel in the situations described above?

- No panic at all
- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- Extreme panic

4. How long does the panic experience typically last?

- Seconds
- 1–5 minutes
- 6–10 minutes
- 11–20 minutes
- 21–60 minutes
- Other

5. How often does the panic experience occur?

- Less than once a day
- 1–3 times a day
- More than 3 times a day

6. Does the panic experience occur expected?

- Yes
- No

7. What physical sensations does it involve?

- (Heart) palpitations
- Sweating
- Tremor
- Dry mouth
- Difficulty breathing
- Feeling of anxiety
- Chest pain
- Nausea, queasy feeling in the stomach
- Feeling dizzy, unsteady, weak or light-headed
- Feeling that objects are unreal (derealization) or that you are far away or not really here (depersonalization)
- Fear of losing control, going crazy, or “freaking out”
- Fear of dying

8. When you imagine a breathlessness episode, how much panic do you feel?

No panic at all 0 1 2 3 4 5 6 7 8 9 10 Extreme panic

9. How long does the panic experience typically last in a breathlessness episode?

- only at the beginning of a breathlessness episode
- the entire duration of the breathlessness episode
- no panic at all during the breathlessness episode

10. How often do you experience panic when you have breathlessness episode?

- always
- often
- sometimes
- rarely
- never
- I cannot answer

11. How do you rate your impairment from the panic experience in a breathlessness?

No impairment 0 1 2 3 4 5 6 7 8 9 10 Strongest imaginable impairment

12. What physical sensations does this involve?

- Palpitations, heart palpitations or palpitations
- Sweating
- Tremor
- Dry mouth
- Difficulty breathing

- o Feeling of anxiety
- o Chest pain
- o Nausea, queasy feeling in the stomach
- o Feeling dizzy, unsteady, weak or light-headed
- o Feeling that objects are unreal (derealization) or that you are far away or not really here (depersonalization)
- o Fear of losing control, going crazy, or “freaking out”
- o Fear of dying

Thank you very much for answering the questionnaire.
Have a nice day!