

One of the most common forms of anxiety disorder is panic disorder. It is characterized by recurrent, unexpected panic attacks. A panic attack is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause. The symptoms of a panic attack may include a racing heart, sweating, trembling, and a sense of impending doom. Panic attacks can be very frightening and can lead to a person avoiding situations that might trigger an attack. Panic disorder is a chronic condition that can be treated with medication and therapy.

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TIPS

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- List of references including 'Eye on Psi Chi, 7', 'Psi Chi, 11', 'Psi Chi, 3', 'Eye on Psi Chi, 12', 'Written Communication, 21', 'Eye on Psi Chi, 5', 'Eye on Psi Chi, 3', 'Applying to graduate school in psychology: Advice from successful students and prominent psychologists', and 'Eye on Psi Chi, 6'.

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