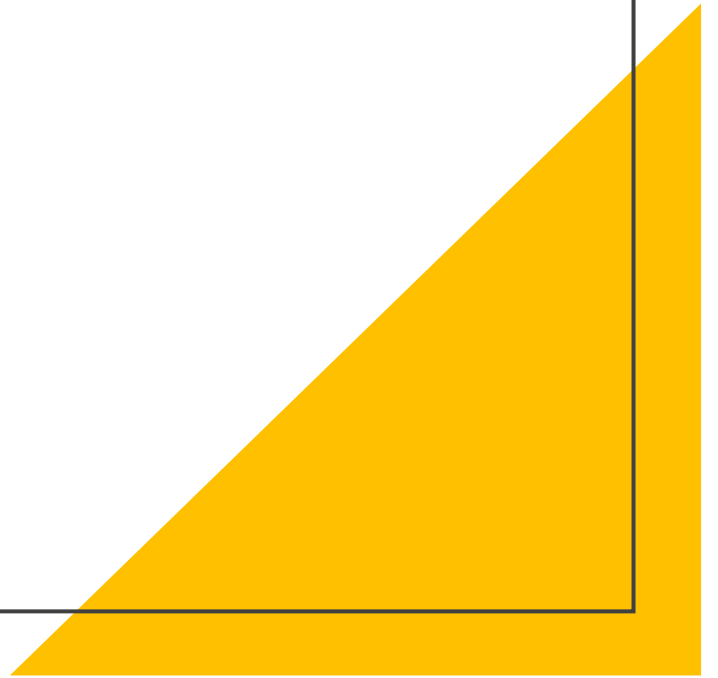


PANIC DISORDER

Kayla Iris



Diagnostic criteria A

- Recurrent unexpected panic attacks. A panic attack is an abrupt surge of intense fear or intense discomfort that reaches a peak within minutes, and during which time four (or more) of the following symptoms occur:
 - Note: The abrupt surge can occur from a calm state or an anxious state.
 - 1 . Palpitations, pounding heart, or accelerated heart rate.
 - 2. Sweating.
 - 3. Trembling or shaking.
 - 4. Sensations of shortness of breath or smothering.
 - 5. Feelings of choking.
 - 6. Chest pain or discomfort.
 - 7. Nausea or abdominal distress.
 - 8. Feeling dizzy, unsteady, light-headed, or faint.
 - 9. Chills or heat sensations.
 - 10. Paresthesias (numbness or tingling sensations).
 - 11. Derealization (feelings of unreality) or depersonalization (being detached from one- self).
 - 1 2. Fear of losing control or “going crazy.”
 - 13. Fear of dying.
- ...”(American Psychiatric Association, 2013)

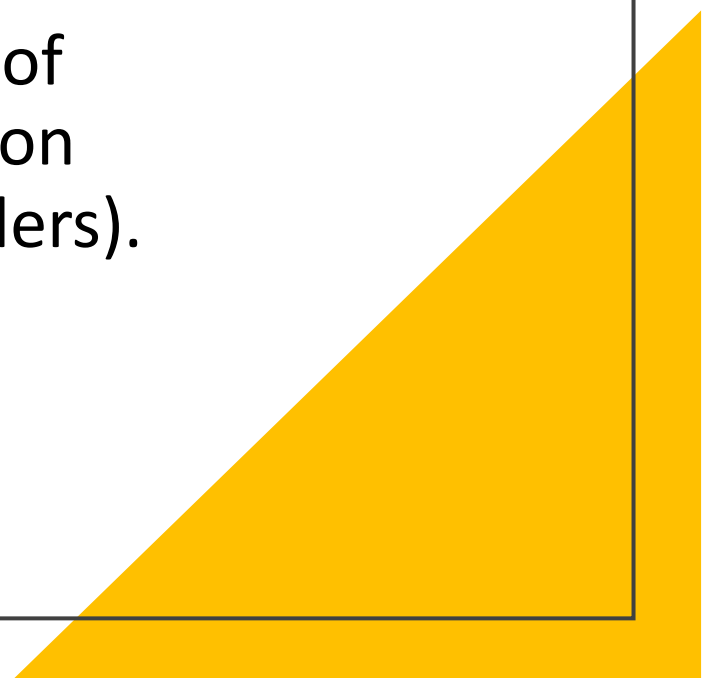
Diagnostic criteria B

- At least one of the attacks has been followed by 1 month (or more) of one or both of the following:
 - 1 . Persistent concern or worry about additional panic attacks or their consequences (e.g., losing control, having a heart attack, “going crazy”).
 - 2. A significant maladaptive change in behavior related to the attacks (e.g., behaviors designed to avoid having panic attacks, such as avoidance of exercise or unfamiliar situations).
- ...”(American Psychiatric Association, 2013)

Diagnostic criteria C

- The disturbance is not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition (e.g., hyperthyroidism, cardiopulmonary disorders).

...”(American Psychiatric Association, 2013)



Diagnostic criteria D

- The disturbance is not better explained by another mental disorder (e.g., the panic attacks do not occur only in response to feared social situations, as in social anxiety disorder; in response to circumscribed phobic objects or situations, as in specific phobia; in response to obsessions, as in obsessive-compulsive disorder; in response to reminders of traumatic events, as in posttraumatic stress disorder; or in response to separation from attachment figures, as in separation anxiety disorder).
- ...”(American Psychiatric Association, 2013)

MEDIUM

- Procreate on the iPad
- Mixed media piece
- Ability to quickly and swiftly switch between colors, mediums and textures. I chose to use a variety of materials including paint, micron, pencil, photograph...ext
- Not a tactile and physical piece a person can touch.



Criterion A – Artistic choices

- **Trembling/ shaking-** creating a light blur to the lines
- **Chills/ heat sensation-** using cool and warm tones
- **Derealization-** illustrating phantom like bodies creeping in.
- **Paresthesia-** creating a haze/ grain screen over the entire piece.



Criterion A – Artistic choices

- **Sweating**- dripping like “paint” or droplets will be coming off countertops and walls
- **Sensations of shortness of breath or smothering**- the edges of the picture will be darkened to demonstrate suffocating and closing in
- **Feelings of choking**- the edges of furniture and of the picture will be faded as if loosing consciousness



Criterion A – artistic choices

- **Chest pain or discomfort-** sharp line designs to emanate pain
- **Nausea or abdominal distress-** green droplets/ puddles will be drawn on the floor
- **Fear of losing control or “going crazy.”** Little phantom men will be present in the picture looking over with words like “we will be back”
- **Fear of dying.** The phantom men will also have words like “we are coming for you”

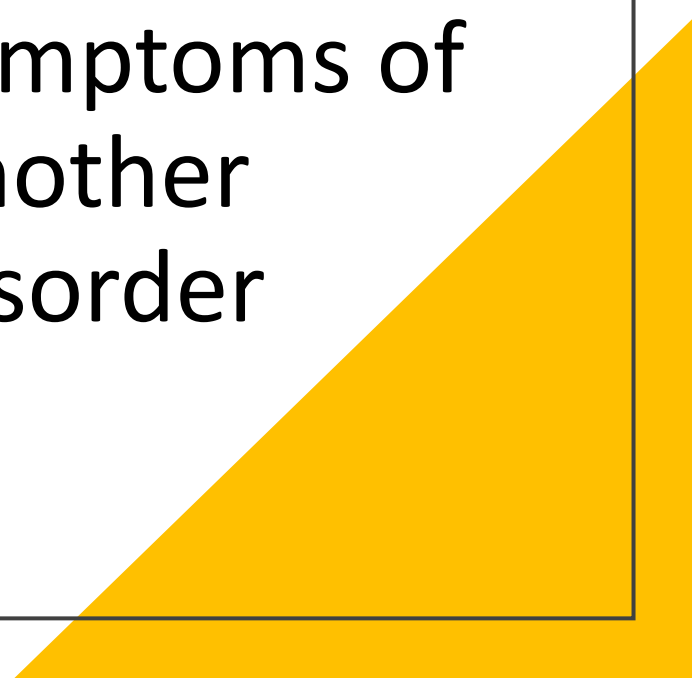


Criterion
B
artistic
choices

- The subject has changed his behavior in fear of having another panic attack
- Isolation

Criteria C & D

Didn't include
substances or
symptoms of
another
disorder

A yellow triangular graphic is located in the bottom right corner of the slide, pointing towards the top right.

THEME

- CHAOS-
 - many mediums, colors, Multiple focal points in the composition
 - Overlapping elements
- LONELINESS-
 - Isolated subject in the center of the composition

