

Panic Attacks/Anxiety

Market Sentiments

Web Search Interest in 1 Year (2010-2011)

Shows general market interest, attention and curiosity online about the topic.

Interest over time

[Learn what these numbers mean](#)



Regional Interest

Shows general market interest online according to geographical location

Regional interest

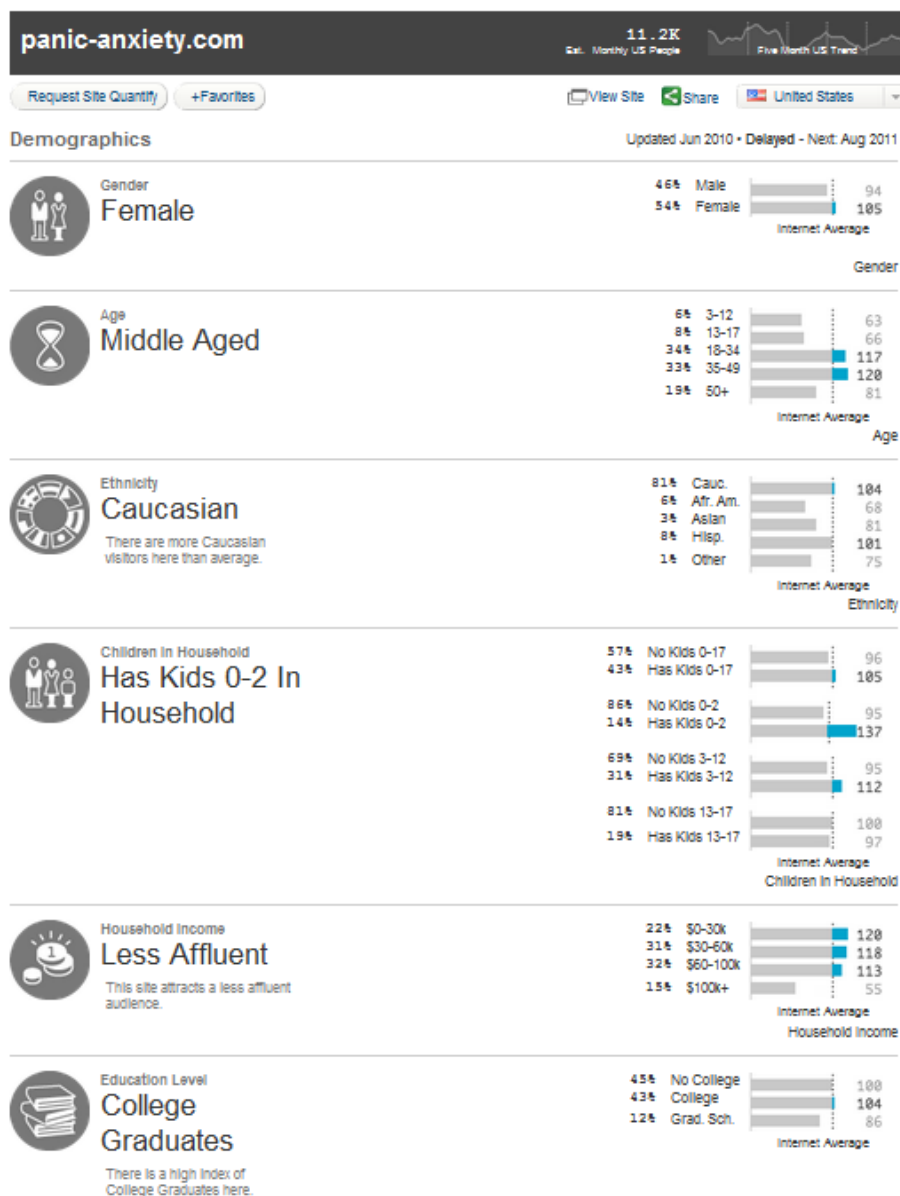
1.	Ireland	100
2.	United States	68
3.	United Kingdom	67
4.	Canada	58
5.	Australia	53
6.	India	12

Note: All results from Google Insights are normalized. So just because a particular region doesn't appear on the top Regional interest list, it doesn't necessarily mean that the niche isn't popular at all - it just means that the term is more popular in other regions.

Demographics (data based on panic-anxiety.com)

Demographics are the characteristics of a population. In the field of marketing, it is important to define the demographic profile of your target audience. This is to identify target audience in the overall population and to create a clear and complete picture of the characteristics of the target consumer.

The following data tells you the gender, age, children per household, education status, income levels, and other demographic insights of your target audience.



The “index” represents the delivery of a specific audience segment compared to the internet average of 100. Composition, which is represented by the % of audience figure on the left side of the chart, represents the percentage of a property’s total audience that meets a specific demographic criteria.

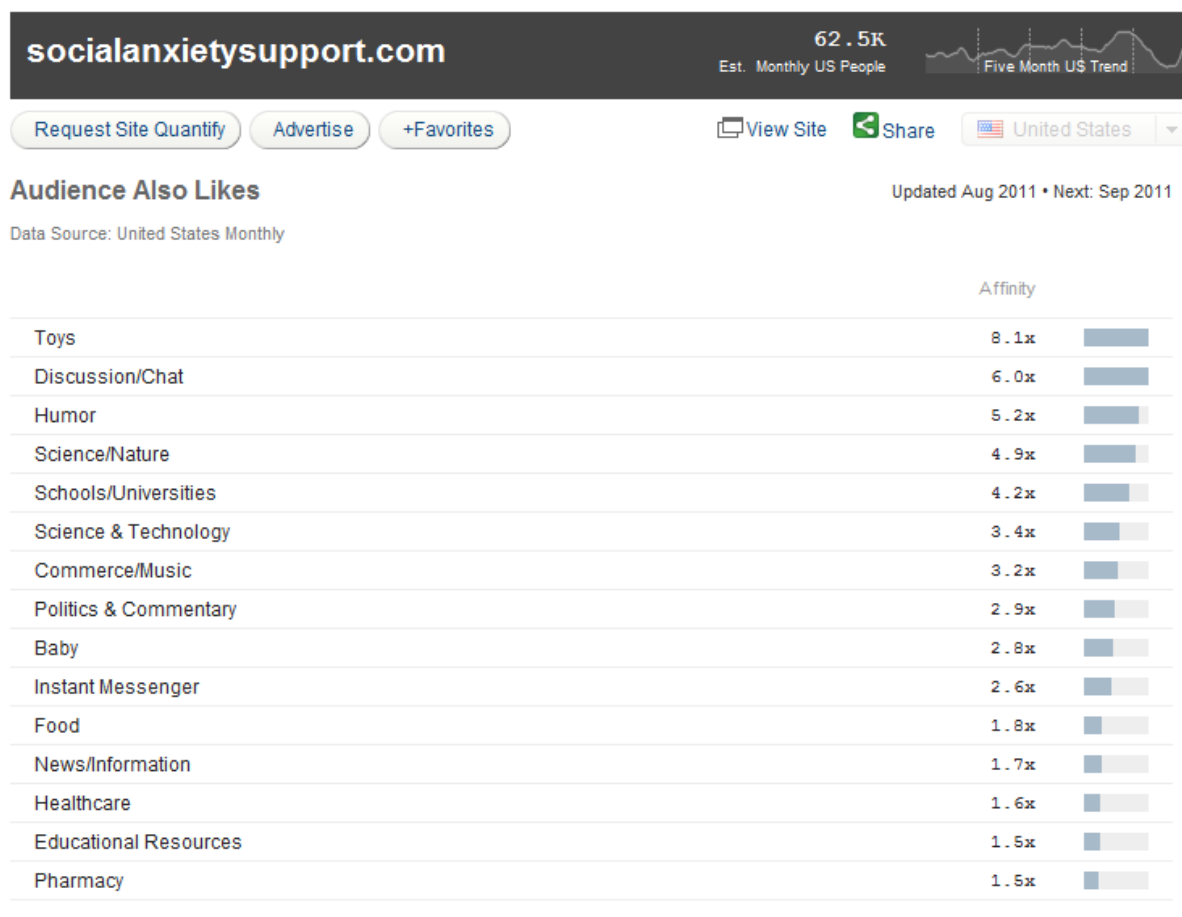
For example, an index of 100 indicates the target audience is equivalent to the demographic make-up of the total internet population. Any increase over 100 means that the property is “over indexed” and attracts a more concentrated group of a particular demographic group than in the general internet population.

Psychographics (data based on socialanxiety.com)

In the field of marketing, psychographic variables are any attributes relating to personality, values, attitudes, interests, or lifestyles.

The following data profile shows other topics that the audience is likely to be interested to visit and the affinity indicates how much more likely than average.

An affinity of 10x means that your target audience is ten times likelier to be interested in the topics than the average internet user.



Frequently Asked Questions

- Are there any herbal remedies for panic attacks?
- How can I cure panic attacks?
- Is it possible for me to stop my panic attacks?
- Will my panic attacks reduce if I start taking zoloft and drink less alcohol?
- What are some ways to get rid of panic attacks?
- How to help my girlfriend with her panic attacks?
- How do you get through your panic attacks?
- How are panic attacks and panic disorder treated?
- How do you get over panic attacks and fear?
- Can panic attacks during pregnancy hurt the baby?
- How to cope with panic attacks during exams?
- What can my friends do during my panic attacks?
- How can I get over anxiety attacks?
- What is the best anxiety medication that works the fastest?
- How exactly do anxiety medications work?
- What is the difference between Panic and Anxiety Attacks?
- How many panic attacks does one have to experience to be diagnosed with Panic Disorder?
- What is the best medicine for panic attacks?

- How to help someone who suffers from panic attacks?
- How do you people deal with panic attacks?
- What are some self-help treatments for panic attacks that actually work?
- How do you deal with anxiety and panic attacks during pregnancy?
- How can I get my anxiety and panic attacks under control?
- How can I completely get rid of panic attacks?
- What should I do about my frequent panic attacks and nausea?
- Can panic attacks be caused strictly from alcohol alone?
- How long do anxiety symptoms last before they get better and clear up for good?
- How to deal with panic attacks?
- How to get rid of panic attacks during school?
- How can you cope with panic attacks without having to see a specialist?
- What will a psychiatrist do about panic attacks?
- How do I deal with my panic attacks in public?
- Can panic attacks affect the brain over a period of time ?
- How can I stop myself from getting panic attacks?
- Any good tips for stopping panic/anxiety attacks?

Problems & Frustrations

- **Hate suffering from anxiety disorder**

I've been suffering from anxiety disorder for over a year now, and whenever I feel like I'm becoming normal again, my anxiety flares up. I hate it. It scares me and makes me feel awful. Will I ever be able to get rid of it or will I be hunted by this for life? Isn't there any way I can get rid of it?

- **Need for things to be perfect**

I am 51 years old. I was put on disability because of major depression and anxiety. My depression is better, but my anxiety is not. I realize that my problem is that I want everything about me and around me to be perfect. My house, for example, should look like a Better Homes and Garden house, but it doesn't. I am constantly trying to clean and organize. If I sit down to relax and notice some dust or dirt, I have to jump up and clean it immediately, because it bothers me so much to see this.

- **Anxious about school performance**

I was diagnosed with anxiety disorder after high school and it was because I was overly anxious about doing well for my exams. It was a difficult time for me and I took a year off school. But I'm getting better and I have started taking classes again. My doc said it would get me out of bed and in the world, interacting with other people again. Plus, I'd be using my mind, instead of letting it stagnate. They both told me the goal is just to get out there and enjoy learning and enjoy meeting new people, which I definitely am. However, I can't really enjoy the classes because I was always anxious when it came to assignments and exams. I don't want to just get good grades but I wanted to be the best. I took a literature class, and for the first paper, the teacher read my paper in class. She said it was the best in the class and "nearly perfect." I should have been happy, but I was so upset.

- **Suffer from panic attacks regularly**

I try to relax and have fun and enjoyment. I play with my cats, do crossword puzzles with my boyfriend, watch movies we get from the store. But I can't really enjoy any of it. I am always worried that I am wasting my time doing these things. I get panic attacks regularly and take pills for them. They relax me, but make me tired, so then I have to take a nap. I feel guilty about this, because I should be working instead! Does anyone have any help or advice?

- **Anxious about children's well being**

I live away from my kids and seek more interaction with them. I don't hear that much from them, but they like me to call every now and then. I get anxious when I don't hear from them but don't want to be the only one calling and asking questions! I know they have all grown up, but I can't help but worry. Are there any cures for a clingy mum who has anxiety problems?

- **Severe chest pains from anxiety**

I've been having severe chest pains due to anxiety, so bad that I should be laying down right now. I've been trying techniques such as breathing, meditating, breathing slow and shallow to calm down, and thinking positively. There's other instances that built up to this... the fact that my friends didn't ask me if I wanted to come along to their hang outs (even though I was busy other times doesn't mean I was other times), and when we played a game we used to play together and laugh, they would be bored all of a sudden when I was there. People at school have also slowed down at talking to me... I know everyone's focused, but I feel like I'm being isolated. Now only a few people are talking to me, my friend never calls me (I've had to call her 90% of the time) and certain people have been ignoring me that normally don't. I'm sure it's nothing I did, and my other friends assured me it wasn't (in fact one of my

friends assured me he's just been too tired to keep up with everyone, that's why he's been hanging out with his classmate more often), but that was eating me up for a while. I also feel as if my emotional side would only spin out of control irrationally if I let these little inconsistent things build up on me and pour it out on someone without making any sense. I feel like I need assurance to calm me down, but I also need to stop my panic attacks, but I don't know how to, especially because my chest pains are so severe. What can I do besides the various things that I've tried above?

- **Negative thoughts spark anxiety**

All my life I've deeply wanted to become a musician. Good enough to play in bands on weekends etc. But I've self sabotaged every effort to learn an instrument. I'm over 50 and I'll be damned if I will grow old without achieving this. The one I'm **not** learning to play right now is the electric bass. I kept asking myself: Why am I having so much trouble just sitting down for at least 30 minutes each day and learning? The most simple thought suddenly dawned on me: Whenever I practice (rarely), I feel bad. It's unpleasant. I keep having negative thoughts that stop me from practising and mastering the instrument. In turn, I feel fed up with myself and caught up in anxiety. For those of you who have been blocked by a negative thought/belief, what has helped you get past it?

- **Horrible habits developed from being stressed and anxious**

I have the horrible habits of biting my nails, biting and picking at my lips, picking and scratching at my skin, and scratching my scalp. I do most of these until I bleed. I've been doing this since I was a little girl. I find that when I'm feeling stressed and anxious, I can't stop myself from doing these things, even though I know that they are not good and that I should quit. Is there any way I can get rid of such behaviour?

I have had the horrible habit of biting my lips and cheek since I was about 6 or 7 years old. They usually always bleed and I know the trauma I am inflicting on myself is definitely not good. Does anyone have any suggestions for how to quit? I almost feel like this is an addiction, like smoking. I don't know how it got started, but since this whole biting incidence has occurred many years ago, I keep doing it because I want the skin to be smooth and even. When the new skin tries to grow back, it is rough and not smooth... so I bite it off. My parents say they notice me doing it when I am in a particularly stressful situation or when I have a lot on my mind. I guess during these episodes I feel out the rough skin with my tongue and go to work. I don't realize that I've done it until it begins to bleed. The ironic thing is that I do this to make myself feel more normal, when in actuality... It is abnormal. Any ideas on how to quit doing this when I feel anxious? I feel like I desperately need to quit to prevent infection.

- **Feeling suicidal at times**

Sometimes, I can binge drink and be fine. However, when I slip up and drink more than 10 beers, I wake up with severe anxiety and panic attacks that can last up to 7 days before I feel normal again. I feel suicidal at times on such days. The morning after this binge drinking I usually feel like I want to jump out of my skin and repeatedly purge to try and make myself feel better. I also take sleeping pills to try and make myself sleep in hopes that it will go away. I just want to find out why this happens to me. I feel as if I have some kind of severe underlying mental problem. What should I do if this happens again?

- **Constant fear of having panic attacks**

I am one of the people who experience daily panic attacks. I have the constant fear of having panic attack. The experience of panic attack is uncomfortable, but what's worse is the fear of when it will happen again. How can I cope with anticipatory anxiety?

- **Trying to overcome panic attacks**

My brother has panic attacks and he is trying really hard to overcome this problem. However, during past few days, the duration of his panic attacks became longer, even as lasted for as long as 20 minutes. Is it possible? Can anyone, who has had panic attacks, tell me how long your panic attacks usually last?

- **Muscle twitching**

My husband experiences muscle twitching very often. It usually happens when he's feeling anxious, sad and depressed. It lasts for half an hour, and then it disappears. What can he do?

- **Anxiety issues after move to different country**

In the last few days, I have been having major anxiety issues as I just moved to a different country. At the same time, I had this metallic taste in my mouth. Does anyone have similar problem? Is that common?

- **Social anxiety disorder**

I have social anxiety disorder, something that has limited me a lot in my career options and something that poses new challenges now that I am a mother. I have never taken drugs, though I have been in therapy. I am considering drugs now, because my condition is worse than it was ever before right now. What do you think is the best drug for social anxiety disorder?

- **Panic attack caused fatigue and poor appetite**

I'm a 21 year old female with a major anxiety problem which has only really become an issue a few months ago when I had my first panic attack. Before this first attack, I was constantly tired and felt unwell. All was relatively controlled for a while until 3 weeks ago when I lost my appetite and pretty much started getting attacks almost every night before bed and I just can't get a good night's sleep (my first panic attack happened when I was going to bed). Now that I'm finding it difficult to eat and have burning in my chest and throat after eating I feel even more that there is something wrong with me other than a panic disorder. Has anyone else had a lack of appetite due to their anxiety? I LOVE food and it's really getting to me.

- **Undiagnosed symptoms resulting from anxiety**

For about 10 years now, I have been battling some kind of weird eye poking phobia thing. I don't know what's causing it, but it's starting to overcome me to the point that it's interrupting my school work and profession. Here's the problem: Completely out of nowhere, I get this sudden feeling that anything and everything around me is going to poke me in the eyes. It feels like when somebody might hold something really pointy and sharp close to your eye and you get that sick/nauseous feeling in your stomach. I feel very light headed and like I'm about to pass out. It's impossible for me to keep my eyes open. This makes it very awkward when I'm talking face to face with somebody or while sitting in class trying to take notes. It can happen anywhere at any time. I don't know what might be causing it other than anxiety. It's happening more frequently and it used to only last 5-10 seconds but now it's lasting for minutes. Can somebody please help me diagnose this? It's starting to become very debilitating. The only thing that I can do to make it go away is to somehow hurt myself so my mind focuses more on the pain than on the condition.

- **Feeling isolated from other people**

I am 29 years old man, and I have a problem with panic. I feel like I'm getting more and more isolated from other people, and I can't control it. I have panic attacks when I have to confront people, and they are literally taking over my life. What should I do?

- **Anxiety problems building up**

I've been having building anxiety problems now for a couple months. It started as "situational" due to some medical issues that were worrying me. This resulted in constant anxiousness, obsessive on-line research about diseases I might have, loss of appetite, weight loss, stomach issues. I left town for a few days to spend time with family and I seemed to get a handle on it, I was feeling better. Last week I went to a Psychiatrist for the first time. At the time, I was in a better state of mind so I'm not sure if he really understood the severity of what I have been dealing with, I was talking about it from almost a past perspective. He felt I didn't need long term anti-anxiety meds but prescribed me some pills and sent me on my way. Since then, I have had a reoccurrence of anxiety symptoms that are seriously scaring me. I'm ready to go to the ER to get them to run every test imaginable on me to figure out what is wrong. I go to bed at night, sleep fine (wake up a few times a night but nothing major). As morning comes around, even before my alarm goes off I start to get this feeling in my body that can only be described as adrenaline, or perhaps that almost shivery feeling you get when you have the flu. I can't stay still but I'm so tired and want to keep sleeping but I can't. My heart rate is relatively normal until I get up, then it starts to really race and I can't stop these sensations in my arms and legs. I'm terrified. I have a family member that thinks perhaps it's that "fight or flight" response, but why only in the morning while I'm still laying in bed? I'm really really scared. I don't know if I should go back to the psychiatrist. I can't keep waking up this way, its making me crazy. Does anyone else have similar experiences? What did you do to overcome this?

- **Social anxiety affecting relationship**

My partner suffers from social anxiety big time. It makes having a relationship with him a challenge when he has one of his episodes. On the other hand, he can be a total delight too, and he is extremely artistic. My partner does not want to go on medication. Are there any natural cures that we should be looking into?

- **Panic attacks occur when taking transportation**

I'm flying next month for the first time in almost five years. I have flown four times before, and I never had a problem with panic. Hell, I enjoyed it. I love planes. But in 2006 and 2007 I had panic attacks on trains and buses. It's not the mode of transportation that bothered me, it was being crowded into a confined space with lots of people, which would be the same on a plane. The last couple months I've decreased my caffeine intake dramatically (which seemed to make the panic worse), been able to be in crowded situations (like meetings at work) without panic, and started meditating 10 minutes a day in the morning. But I'll be going from the west coast to the east coast, so it's not a short hop. It'd really suck to have a freak out when I'm stuck on a plane for hours. Anyway, does anyone here who flies regularly and deals with anxiety have any tips?

- **Panic attack occur during public speaking**

I have enjoyed public speaking since grade school, and I think I'm reasonably good at giving presentations. However, once in a while, I'll be in front of an audience and I suddenly become physically unable to speak. This first happened when I was presenting in a college class, and it happens one out of ten times I have to speak in front of a large group. It's almost like I don't have the oxygen to continue. I can force a couple words out and then they just stop. I have to stop and collect myself for what seems like an eternity; sometimes

looking behind me at my slides instead of at the audience helps. I'm generally not conscious of being nervous before this happens; these are often talks that I had extensively prepared for and looked forward to giving. Is this a panic attack? Are there any ways to prevent this from happening again?