

take half an hour,²⁸ though sometimes it's shorter than that." Douglas has never sought treatment before.²⁹ Although this appointment was his own idea, his boss has hinted that unless he gets his problem sorted out, "he might have to let me go."

Douglas still hates being closed in.³⁰ He won't crawl into any tightly confined space, even the time it meant that he had to hire someone to check for gas leaks in the crawl space under his house. "Just the thought of squeezing in there makes me feel literally sick with dread." However, he claims he has no other specific fears.³¹ Other than concern about having further attacks, he doesn't think he worries more than anyone else.³² He denies feeling depressed, says that his appetite and sleep are "just fine," and maintains that he enjoys his leisure-time activities³³ as much as ever.

Further questioning reveals that he regards his childhood as "normal." He has two sisters (one older, one younger); there's no family history of mental illness at all. His MSE is completely normal.

Once or twice, Douglas has tried to "attack the attacks with chemistry,"³⁴ but I've never gotten much past opening a beer before the symptoms fade." After doing a complete physical exam ("normal, normal, normal"),³⁵ his primary care physician once offered him Valium,³⁶ but he never even filled the prescription. "Don't you think I have enough problems without adding an addiction?"

Below are the questions that elicited the further history Douglas has just given us. Just mark the number(s) of the underlined passage(s) corresponding to each question. (At the end, you'll find that most questions refer to several underlined passages.)

- "Will you describe what you feel during an attack?" _____
"Under what circumstances do the attacks occur?" _____
"When did you first experience an attack?" _____
"How often do they occur?" _____
"What seems to precipitate an attack?" _____
"How quickly does the attack develop?" _____
"How do you respond when these attacks occur?" _____
"How long do they last?" _____
"What treatment have you sought before?" _____
"Have you had any other experiences with fear or anxiety?" _____
"Any problems with your mood? Or sleep? Or appetite?" _____
"Have you had any physical or substance use problems?" _____

These are the sorts of probing questions you'll need to ask just about any patient concerning just about any set of symptoms.

Note D

And here's how I'd match up Douglas's underlined statements to the questions listed above.

- "Will you describe what you feel during an attack?" 1, 5, 7-9, 17-25
"Under what circumstances do the attacks occur?" 2