

Patient name: _____ Date: _____

Dear Doctor:

The purpose of this form is to ask your “OK” for me to do certain exercises to help me recover from panic disorder.

I am currently working with the smartphone app “help4panic”, which is based on cognitive-behavioral therapy (CBT).

Over 100 university studies show that CBT is highly effective for panic disorder. CBT as a first-line treatment for panic disorder is endorsed by the American Psychiatric Association, the American Psychological Association, the National Institute of Mental Health, and the Anxiety & Depression Association of America. Many studies show that CBT is equal to or more effective than medication.

One of the central features of panic disorder is the fear of bodily sensations which are a normal part of the “fight-or-flight” response.

CBT includes specific exercises that involve “exposure” to these harmless sensations. Over time, the sensation exercises can dramatically reduce the fear of bodily sensations.

In general, the CBT sensation exercises (also known as “interoceptive exercises”) are quite harmless. However, for some people, certain medical conditions can be exacerbated by some of the exercises. Also, pregnant women should be cautious about which exercises to do.

Here are some medical conditions that should indicate caution:

- asthma
- epilepsy or history of seizures
- heart or lung problems
- history of fainting or very low blood pressure
- hypertension
- migraines
- recent concussion

Here is a list of eight sensation exercises demonstrated by the research to be helpful for panic disorder. Please indicate which are OK for me to do:

	The exercise	Objective of the exercise	Enter checkmark if OK to do
1	Tense and then relax the body	Exposure to the sensations of muscle tension	
2	Aerobic exercise	Exposure to the sensations of heart pounding and shortness of breath	
3	Put on warm clothing and cover with a blanket	Exposure to the sensation of heat	
4	Head-shaking (vigorously nodding the head “yes” and shaking the head “no”)	Exposure to the sensation of dizziness	
5	Stare fixedly at an object	Exposure to the sensation of “unreality” or “spaciness”	
6	Stare fixedly in a hand mirror at a spot on one’s face	Exposure to the sensation of “unreality” or “spaciness”	
7	Holding the breath for up to a maximum of 45 seconds	Exposure to a “smothering” sensation	
8	Intentionally hyperventilating, as if blowing up a balloon, up to a maximum of 60 seconds	Exposure to a potentially long list of sensations, including lightheadedness, unreality, tingling, shortness of breath, heat and cold	