References: Anxiety and Panic Attacks (2021)

Source material used in Mind products reflects the most recent clinical evidence, medical research and social research. We consider knowledge derived from: academic research; audit and routinely collected statistics; lived experiences of people with mental health problems.

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\*Please give a very brief rationale as to why each reference has been included in this list. E.g. background reading, citation for a particular claim in the product, to illustrate controversy/ agreement in the literature etc. If you’ve read several articles that support each other, it’s ok to just include the most recent or most relevant. Please don’t summarise the content of the articles.

Other Mind publications used as evidence:

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| --- | --- | --- | --- |
| **Title** | **© Year** | **Date references checked** | **Comments** |
| Abuse | 2016 | 22nd October 2020 |  |
| Bereavement | 2019 | 22nd October 2020 |  |
| Body dysmorphic disorder (BDD) | 2018 | 22nd October 2020 |  |
| Cognitive behavioural therapy (CBT) | 2017 | 22nd October 2020 |  |
| Depression | 2019 | 22nd October 2020 |  |
| Discrimination at work | 2018 | 22nd October 2020 |  |
| Dissociation and dissociative disorders | 2019 | 22nd October 2020 |  |
| Fitness to drive | 2018 | 22nd October 2020 |  |
| Food and mood | 2017 | 22nd October 2020 |  |
| Housing and mental health | 2017 | 22nd October 2020 |  |
| How to be mentally healthy at work | 2016 | 22nd October 2020 |  |
| How to cope with sleep problems | 2020 | 22nd October 2020 |  |
| How to cope with student life | 2018 | 22nd October 2020 |  |
| Loneliness | 2016 | 22nd October 2020 |  |
| Money and mental health | 2020 | 22nd October 2020 |  |
| Obsessive-compulsive disorder (OCD) | 2019 | 22nd October 2020 |  |
| Phobias | 2017 | 22nd October 2020 |  |
| Postnatal depression and perinatal mental health | 2020 | 22nd October 2020 |  |
| Post-traumatic stress disorder (PTSD) | 2017 | 22nd October 2020 |  |
| Psychiatric medication | 2016 | 22nd October 2020 |  |
| Recreational drugs and alcohol | 2016 | 22nd October 2020 |  |
| Seeking help for a mental health problem | 2017 | 22nd October 2020 |  |
| Stress | 2017 | 22nd October 2020 |  |
| Suicidal feelings | 2020 | 22nd October 2020 |  |
| Talking therapy and counselling | 2018 | 22nd October 2020 |  |

Details of relevant anecdotal/ lived experience evidence:

(Mind blogs, Time to Change blogs, User-led research, expert by experience sessions, online forums etc.)

Videos:

[Panic attacks | Talking about mental health - Episode 1](https://www.youtube.com/watch?v=9YaS_4tXBNU)

[Anxiety | Talking about mental health - Episode 2](https://www.youtube.com/watch?v=lKWoIwgiLRk)

Podcasts:

[Anxiety and panic attacks - Gus' story](https://audioboom.com/posts/1276537-anxiety-and-panic-attacks-gus-story)

Blogs:

[Calligraphy eased my anxiety](https://www.mind.org.uk/information-support/your-stories/calligraphy-eased-my-anxiety/)

[Hounds of love: how dogs helped me and my anxiety](https://www.mind.org.uk/information-support/your-stories/hounds-of-love-how-dogs-helped-me-and-my-anxiety/)

[Understanding my emotions helped me cope with my anxiety](https://www.mind.org.uk/information-support/your-stories/understanding-my-emotions-helped-me-cope-with-my-anxiety/)

[Small steps to dealing with anxiety](https://www.mind.org.uk/information-support/your-stories/small-steps-to-dealing-with-anxiety/)

[How groundhopping gave me hope](https://www.mind.org.uk/information-support/your-stories/how-groundhopping-gave-me-hope/)

[Pageants helped me recover from my breakdown](https://www.mind.org.uk/information-support/your-stories/pageants-helped-me-recover-from-my-breakdown/)

[Art and my mental health](https://www.mind.org.uk/information-support/your-stories/art-and-my-mental-health/)

[The physical effects of anxiety](https://www.mind.org.uk/information-support/your-stories/the-physical-effects-of-anxiety/)

[Living with GAD & panic attacks after losing my Dad](https://www.mind.org.uk/information-support/your-stories/living-with-gad-panic-attacks-after-losing-my-dad/)

[My anxiety, dating & my boyfriend](https://www.mind.org.uk/information-support/your-stories/my-anxiety-dating-my-boyfriend/)

[Coping with panic attacks](https://www.mind.org.uk/information-support/your-stories/coping-with-panic-attacks/)

[Backpacking with anxiety](https://www.mind.org.uk/information-support/your-stories/backpacking-with-anxiety/)