
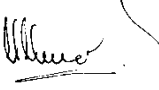


SOP - 14

DEALING WITH PARTICIPANT PANIC ATTACKS

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	Date (dd/mm/yyyy)	0	7	/	1	1	/	2	0	1	3	

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EXPERT MEDICAL REVIEW	Dr Tim Williams	1	8	/	0	1	/	2	0	1	6	
Outcome of review:	No changes											

Table of Contents	Page
1. PURPOSE	2
2. REFERENCES	2
3. PERSONNEL REQUIRED AND LEVEL OF EXPERTISE	2
4. MATERIALS AND EQUIPMENT REQUIRED	2
5. PROCEDURE	2
5.1 Recognising a panic attack	2
5.2 Immediate action	2
5.3 Follow up action	2
6. TROUBLE SHOOTING	3

SOP - 14

DEALING WITH PARTICIPANT PANIC ATTACKS

Definitions/Abbreviations	
CO ₂	Carbon dioxide
AE	Adverse event

1. PURPOSE:

To provide step-by-step instruction for dealing with a participant who is experiencing a panic attack.

2. REFERENCES:

R&D Adverse Event Reporting Guidelines (via RED website)

3. PERSONNEL REQUIRED AND LEVEL OF EXPERTISE:

- Investigator or research team.

4. MATERIALS AND EQUIPMENT REQUIRED:

- Relevant reporting forms

5. PROCEDURE:

5.1 *Recognising a panic attack:*

- A panic attack is a type of extreme anxiety response that is characterised by extreme fear. Symptoms may include any of the following:
 - Shortness of breath / rapid breathing
 - Palpitations
 - Tingling sensation (particularly in fingers)
 - Sweaty palms / flushing
 - Nausea
- A panic attack differs from a strong anxiety response by a strong fear and the participant may report feeling the following:
 - Fear of death
 - Feeling like heart may explode
 - Catastrophic thoughts (e.g., world will end, swallow them up)

5.2 *Immediate action:*

- STAY CALM – it is important that you create a calm environment, so you should stay calm yourself.
- If a CO₂ study – stop the inhalation immediately.
- Reassure the participant that they will be fine. The symptoms will resolve in a few minutes. The body's anxiety reaction is not dangerous (however unwell they may feel). They will not have a heart attack and the body will calm naturally as it begins to tire. Panic attacks rarely last more than 10 minutes.
- Be confident when reassuring them – they WILL be fine, and symptoms WILL wear off.
- Advise participants to try to slow their breathing (avoid telling them to take deep breaths – instead suggest they take slower breaths).

5.3 *Follow up action:*

- Invite the participant to stay behind for as long as they feel they need to and offer them a taxi home when they feel ready to leave. Take the participant to reception 12a Priory Road and ask Ian/Megan to arrange a taxi. You should provide the project budget code for Ian/Megan to

SOP - 14

DEALING WITH PARTICIPANT PANIC ATTACKS

charge the cost to. You should then email your project supervisor with details of the booking (name of person travelling, date, destination and budget code it was charged to).

- You should telephone the participant within 24 hours to ensure symptoms have ceased.
- If they wish they can speak to the study doctor to talk through the experience.
- You should complete an AE form as per your study protocol and notify your study PI.

6. TROUBLE SHOOTING:

Problem	Solution
Any problems	TARG Laboratory phone: 07957334265 Prof Marcus Munafò (0117) 954 6841 internal 46841 Marcus.Munafò@bristol.ac.uk Dr Angela Attwood (0117) 331 7814 internal 17450 Angela.Attwood@bristol.ac.uk
Medical support	Dr Tim Williams (0117) 331 4026 internal 14026 Mob: 07812 244443 Tim.Williams@bristol.ac.uk
Reporting guidance or advice	Mr Adam Taylor (Head of Research Governance) (No phone number on website) Adam.Taylor@bristol.ac.uk RED Reception and General Enquires (0117) 428 3065 internal 83065 Red-Office@bristol.ac.uk