**Appendix.** **Cognitive Behavioral Therapy Panic Skills (CBTPS)**

Please rate the following questions using the scale below. <4>

Encoding: 0 The patient does not have the ability at all

1 The patient has this ability slightly

2

3 The patient has this ability moderately

4

5 The patient has a high level of this ability

6

*Cognitive Skills*

1. Is the patient able to identify his/her automatic thoughts?

2. Does the patient understand the relationship between his/her thoughts and fear?

3. Does the patient understand the rationale behind the cognitive work (that an accurate assessment of the situation and correction of false beliefs will lead to decreasing the severity of the panic symptoms)?

4. Is the patient able to examine evidence relating to automatic thoughts?

5. Is the patient able to properly assess the likelihood of the occurrence of automatic thoughts?\*

6. Is the patient able to understand the consequences that could occur if the automatic thoughts were true?\*

7. Is the patient able to provide an alternative explanation for experiencing symptoms?\*

8. Is the patient able to evaluate the impact of changing automatic thoughts on his anxiety?

9. Does the patient understand the relationship between physiological sensations and automatic thoughts?

10. Is the patient able to produce a rational response to automatic thoughts when they arise?\*

11. Does the patient understand the relationship between avoidance and anxiety?

12. Does the patient understand the relationship between safety behaviors and panic symptoms?

13. Does the patient understand the rationale behind interoceptive exposure (the desensitization of physiological sensations that occurs during attacks and detach the association of feelings with fear)?

14. Does the patient understand the need to initiate a panic attack?

\* *Correcting distorted thinking as an effective reevaluation and not as a safety behavior.*

*Behavioral Skills*

1. Is the patient planning exposures (whether he has an intention to perform an exposure)?

2. Is the patient reducing safety behaviors when having an attack in a session?

3. Is the patient reducing safety behaviors when having an attack outside the session?

4. Is the patient trying to provoke physiological symptoms that appear during an attack in a session?

5. Is the patient trying to provoke physiological symptoms that appear during an attack outside the session?

6. Is the patient trying to initiate an attack in session?

7. Is the patient trying to initiate an attack outside session?

8. Is the patient able to initiate an attack in session?

9. Is the patient able to initiate an attack outside session?

10. Is the patient trying to increase the intensity of the attack during a session?

11. Is the patient trying to increase the intensity of the attack outside the session?