Terror or Threat: Which is More Effective in Bioterrorism

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Since the Bronze Age, bioterrorism has been used as a weapon in war and even not during war to gain control over a population or place. Bioterrorism is the threat or actual use of a biological weapon. There are two parts to bioterrorism: actually committing the act and the threat of committing one. Both have serious consequences in many aspects of human lives. The actual commission of the act causes disease and death that can be widespread very easily. The threat of the act can cause mass panic and hysteria that is spread even quicker than an actual disease, depending on the strength of the threat. So which is more effective in controlling the population: the threat or the actual act?