# Acceptance and commitment therapy (ACT) for treatment-resistant panic disorder with agoraphobia

Submission date	Recruitment status	Prospectively registered
09/07/2010	No longer recruiting	☐ Protocol
Registration date	Overall study status	Statistical analysis plan
26/07/2010	Completed	Results
Last Edited	Condition category	Individual participant data
16/08/2011	Mental and Behavioural Disorders	Record updated in last year

### Plain English summary of protocol

Not provided at time of registration

### Contact information

### Type(s)

Scientific

#### Contact name

Dr Andrew Gloster

### Contact details

Institute for Clinical Psychology and Psychotherapy Chemnitzer Str. 46 Dresden Germany 01187

# Additional identifiers

**EudraCT/CTIS** number

**IRAS** number

ClinicalTrials.gov number

Secondary identifying numbers

01GV0615

# Study information

### Scientific Title

What to do when the gold standard fails? A randomised controlled trial of acceptance and commitment therapy (ACT) for treatment resistant patients diagnosed with panic disorder with agoraphobia

### **Study objectives**

Patients in the acceptance and commitment therapy (ACT) condition will have better outcomes than the control group.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Technische Universität Dresden - Medizinische Fakultät Carl Gustav Carus Ethic Committee approved on the 15th February 2010 (ref: EK 303102009)

### Study design

Randomized Wait-List Controlled

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Hospital

### Study type(s)

Treatment

### Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

### Health condition(s) or problem(s) studied

Panic disorder/agoraphobia

#### **Interventions**

- 1. Acceptance and commitment therapy (ACT), administered twice weekly over four weeks for a total of 8 sessions. Each session will range between 60 120 minutes.
- 2. Waitlist control, total duration of 4 weeks

Total duration of follow-up is 6 months.

### Intervention Type

Other

### Phase

Not Applicable

### Primary outcome measure

Measured pre-, post-, and 6-month follow up:

- 1. Mobility Inventory
- 2. Clinical Global Interview
- 3. Panic Agoraphobia Scale
- 4. Acceptance and Commitment Questionnaire-II

### Secondary outcome measures

Measured pre-, post-, and 6-month follow up:

- 1. Personal Values Questionnaire
- 2. Anxiety Sensitivity Index
- 3. Agoraphobic Cognitions Questionnaire
- 4. Body Symptoms Questionnaire

### Overall study start date

12/07/2010

### Completion date

15/07/2012

# Eligibility

### Key inclusion criteria

- 1. Aged 18 65 years, either sex
- 2. Diagnosis of panic disorder (PD) and/or agoraphobia (AG)
- 3. Either Mobility Inventory greater than or equal to 1.5 or Clinical Global Interview greater than or equal to 4
- 4. Informed consent
- 5. Completed an adequate course of psychological or pharmacological treatment (Added 11/08 /2011)

### Participant type(s)

Patient

### Age group

Adult

### Lower age limit

18 Years

#### Sex

Both

### Target number of participants

60

### Key exclusion criteria

- 1. Acute suicidality
- 2. Bipolar disorder
- 3. Any psychotic disorder
- 4. Any eating disorder
- 5. Acute alcohol/drug dependency
- 6. Current psychological treatment

### Date of first enrolment

12/07/2010

### Date of final enrolment

15/07/2012

# Locations

### Countries of recruitment

Germany

# Study participating centre Institute for Clinical Psychology and Psychotherapy

Dresden Germany 01187

# **Sponsor information**

### Organisation

Federal Ministry of Education and Research (BMBF)/German Aerospace Center (DLR) (Germany)

### Sponsor details

Projekträger im DLR Heinrich-Konen-Straße 1 Bonn Germany 53227

### Sponsor type

Government

### Website

http://www.pt-dlr.de

### **ROR**

https://ror.org/04pz7b180

# Funder(s)

# Funder type

Government

### **Funder Name**

German Federal Ministry of Education and Research (Bundesministerium Fur Bildung und Forschung [BMBF]) (Germany) (ref: 01GV0615)

# **Results and Publications**

Publication and dissemination plan

Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration