ISRCTN12042066 https://doi.org/10.1186/ISRCTN12042066

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