

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

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

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

Protocol serial number

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

Study type(s)

Treatment

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(s)

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

Key secondary outcome(s)

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

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

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

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

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)

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

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration