Cost-effectiveness of an optimised care model for patients with anxiety disorders in primary care

Submission date	Recruitment status No longer recruiting	Prospectively registered		
08/01/2010		☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
17/02/2010	Completed	[X] Results		
Last Edited	Condition category	Individual participant data		
14/11/2013	Mental and Behavioural Disorders			

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number 93200-061

Study information

Scientific Title

Cost-effectiveness of an optimised care model for patients with anxiety disorders in primary care: a cluster randomised controlled trial

Study objectives

Many patients with anxiety disorders do not receive accurate diagnosis or adequate treatment in primary care and cause high medical costs due to costly medical testing or the use of inappropriate and expensive emergency services. The main aim was to analyse the cost-effectiveness of an optimised care model for anxiety disorders in primary care that consisted of an intervention primarily targeted at primary care physicians.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Study protocol was approved by the ethics committee of the University of Leipzig in August 2004

Study design

Cluster randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Anxiety disorders

Interventions

The intervention consisted of a specific training for GPs combined with an offer of consultation to the GPs for specific anxiety patients. The intervention aimed at improving GPs diagnostic and therapeutic knowledge and skills through a cognitive behavioural therapy (CBT) approach as used in psychiatry.

Follow-up occurred at 6-months and 9-months.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

- 1. Becks Anxiety Inventory (BAI)
- 2. Direct costs (raised with German Version of Client Sociodemographic and Service Receipt [CSSRI])

Key secondary outcome(s))

- 1. WHO Quality of Life Assessment (WHOQOL BREF)
- 2. Health outcomes questionnaire (EQ-5D)
- 3. Becks Depression Inventory (BDI)

4. Indirect costs (raised with German Version of Client Sociodemographic and Service Receipt [CSSRI])

Completion date

30/04/2007

Eligibility

Key inclusion criteria

- 1. Patients screened positive for one of the following anxiety disorders according to the criteria of the World Health Organization (WHO) International Classification of Diseases version 10 (ICD-10):
- 1.1. Social phobias (F40.1)
- 1.2. Panic disorder [episodic paroxysmal anxiety] (F41.0)
- 1.3. Generalized anxiety disorder (F41.1)
- 1.4. Anxiety disorder, unspecified (F41.9)

Evaluated by German version of the Patient Health Questionnaire (PHQ-D)

2. Between 18 and 65 years of age

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

- 1. Terminally ill
- 2. Suicidal
- 3. Cognitively impaired
- 4. Insufficient command of the German language

Date of first enrolment

01/08/2005

Date of final enrolment

30/04/2007

Locations

Countries of recruitment

Germany

Study participating centre University of Leipzig Leipzig Germany

04103

Sponsor information

Organisation

Federal Ministry of Education and Research (Germany)

ROR

https://ror.org/04pz7b180

Funder(s)

Funder type

Government

Funder Name

German Centre for Aerospace (Deutsches Zentrum für Luft- und Raumfahrt e.V.) (ref: DLR /01GL0502)

Funder Name

Federal Ministry for Education and Research (Bundeministerium für Bildung und Forschung [BMBF])

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type

Details

Date created Date added Peer reviewed? Patient-facing?

Results article	results	01/10/2009		Yes	No
Results article	results on cost effectiveness	01/10/2009		Yes	No
Results article	results	05/05/2010		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes