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The effectiveness of cognitive behavioural therapy versus interpersonal psychotherapy in panic disorder with agoraphobia

Submission date	Recruitment status	[ ] Prospectively registered
19/07/2006	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
19/07/2006	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
08/01/2021	Mental and Behavioural Disorders	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
NL639, NTR699

Study information

Scientific Title
The effectiveness of cognitive behavioural therapy versus interpersonal psychotherapy in panic disorder with agoraphobia

Study objectives
In this study, we will test the effectiveness of Cognitive Behavioural Therapy (CBT) versus Interpersonal PsychoTherapy (IPT) in panic disorder with agoraphobia.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics Board of the Community Mental Health Centre Maastricht, ethic approval granted on the 30th September 1996 (ref: GWA 96.070)

Study design
Randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Treatment

Participant information sheet

Health condition(s) or problem(s) studied
Panic disorder, agoraphobia

Interventions
Patients will receive 12 therapeutic sessions of either cognitive behavioural therapy (CBT) or interpersonal psychotherapy (IPT), one session per week, each session takes one hour.

Intervention Type
Other

Phase
Not Specified

Primary outcome measure

1. Panic free status (defined with panic diaries)
2. Performance on a behavioural test (three situations)

Panic diaries are completed at zero months (pre-treatment), during treatment, three months (post treatment), four months (follow up one) and nine months (follow up two).

Performance on the behavioural test is assessed at zero months (pre-treatment), four months (follow up one) and nine months (follow up two).

Secondary outcome measures
1. A composite measure of panic and agoraphobic measures (the Fear Questionnaire [FQ v+a], main phobia, Anxiety Sensitivity Index [ASI], Fear Of Fear [FOF], etc.,)
2. A composite measure of cognitive measures (e.g. Body Sensations Interpretation Questionnaire [BSIQ-14], Agoraphobic Cognitions Questionnaire [ACQ])
3. An interpersonal measure (the Inventory of Interpersonal Problems [IIP])
4. A composite measure of general psychopathology (the Symptom CheckList-90-R [SCL-90], State-Trait Anxiety Inventory [STAI])

The outcomes are assessed at zero months (pre-treatment), three months (post treatment), four months (follow up one) and nine months (follow up two).

Overall study start date
18/09/1996

Completion date
23/10/2006

Eligibility

Key inclusion criteria
1. Main diagnosis panic disorder with moderate/severe agoraphobia
2. Aged between 18 and 60

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Upper age limit
60 Years

Sex
Both

Target number of participants
92

Total final enrolment
91

Key exclusion criteria
1. Co-morbid psychosis or bipolar disorder
2. The use of psychoactive drugs
3. Intelligence Quotient (IQ) less than 80
4. Insufficient knowledge of the Dutch language
5. Previous formal IPT or CBT received (for the same complaint in the past year)
6. Alcohol or drugs dependency
7. Cardiovascular disease
8. Respiratory disease
9. Epilepsy

Date of first enrolment
18/09/1996

Date of final enrolment
23/10/2006

Locations

Countries of recruitment
Netherlands

Study participating centre
University Maastricht (UM)
Maastricht
Netherlands
6200 MD

Sponsor information

Organisation
Research Institute Experimental Psychopathology (EPP) (The Netherlands)

Sponsor details
Department of Clinical, Medical, and Experimental Psychology
P.O.Box 616
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Sponsor type
Research organisation

ROR
https://ror.org/02jz4aj89

Funder(s)

Funder type
University/education

Funder Name
University Maastricht (UM), Research Institute Experimental Psychopathology (EPP), Department of Clinical, Medical, and Experimental Psychology (The Netherlands)

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

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/12/2012	08/01/2021	Yes	No