

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

<b>Submission date</b> 19/07/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 19/07/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 08/01/2021	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**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

Maastricht

Netherlands

6200 MD

**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?
<a href="#">Results article</a>	results	01/12/2012	08/01/2021	Yes	No