

# Stepped care for panic disorder [Stepped care voor paniekstoornis]

<b>Submission date</b> 04/09/2012	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 09/10/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 18/11/2021	<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

Background and study aims:

Panic disorder is a severe mental disease where patients experience (unexpected) frightful panic attacks. Most patients try to avoid these attacks by developing avoidance behaviour, e.g. they avoid crowded places. Panic disorder is also a burden for society as medical and social costs are high. Panic disorder treatment guidelines suggest cognitive behaviour therapy (CBT) or treatment with drugs, although CBT has known, longer lasting effects. Normally, CBT takes 10-12 weekly sessions, but CBT is not always easy available and waiting lists are long. Therefore, shorter and cheaper programs, such as guided self-help or internet based treatments have been tested and been successful in the treatment of panic disorder.

This study's goal is to examine whether a short program of guided self-help for panic disorder is beneficial, and only followed by more intensive treatment when necessary

Who can participate?

Patients with a panic disorder with or without agoraphobia. Either men or women, aged between 18-70 years.

What does the study involve?

130 patients (across different treatment centres) will be randomly allocated to one of two treatment conditions:

1. A brief CBT intervention (guided self-help) of 10 weeks followed by CBT (13 sessions) only when necessary
2. Treatment as usual according to the (NICE) guidelines

What are the possible benefits and risks of participating?

There are no negative risks known, since both treatment conditions are well studied and proven to be effective in the treatment for panic disorder. Benefits from enrolling in the study are the monitoring of symptoms and the adjustment of the therapy when necessary. A possible disadvantage is the extra time it may cost to fill in the extra questionnaires.

Where is the study run from?

Overwaal Nijmegen/Lent (part of ProPersona), The Netherlands (Lead Centre)  
Hendriks & Roosenboom, private practice Arnhem, The Netherlands

Prezenz (part of GgzIngeest), Amsterdam, The Netherlands  
HSK Nijmegen en Den Bosch, The Netherlands

When is the study starting and how long is it expected to run for?

The study started in March 2009 and recruitment ended in March 2012. The last follow ups are expected at the end of 2012.

Who is funding the study?  
ZONMW, The Netherlands.

Who is the main contact?  
Dr Mirjam Kampman  
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## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
100003034

## Study information

### Scientific Title

Panic disorder intervention for panic disorder with or without agoraphobia [Stepped care interventie voor patienten met paniekstoornis met en zonder agorafobie]

### Study objectives

1. Guided self help is an effective first step in the treatment of panic disorder, compared with treatment as usual.
2. In the second step of the stepped care intervention, manualised CBT, panic disorder symptoms will be faster in remission as compared to the treatment as usual.
3. Symptom severity, duration of panic disorder, comorbidity on axis I and II will not predict treatment results of guided self help.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Dutch Medical and Ethical Commission, Nijmegen, The Netherlands, 30 September 2008 ref: NL20312 09108

## **Primary study design**

Interventional

## **Study design**

Randomised trial

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Mental health, anxiety disorders, panic disorder, treatment studies

## **Interventions**

This study consists of 2 conditions:

1. A first step of guided selfhelp, only when necessary followed by manualised CBT for panic disorder
2. Treatment as usual according to the NICE guidelines

Cognitive behaviour therapy, guided self help, psychopharmacology (in treatment as usual).

## **Intervention Type**

Other

## **Phase**

Not Applicable

## **Primary outcome(s)**

1. Panic and Agoraphobia Scale (PAS, Bandelow, 1999)
2. Outcome Questionnaire (OQ-45, Lambert and Burlingame, 2001)

## **Key secondary outcome(s)**

1. Agoraphobic Cognition Questionnaire (ACQ, Chambless et al., 1984)
2. Mobility Inventory (MI, Chambless, et al., 1984)
3. Body Sensations Questionnaire (BSQ, Chambless, et al., 1984)

## **Completion date**

01/12/2012

## **Eligibility**

### **Key inclusion criteria**

1. Participants have a present, primary diagnosis of panic disorder according to the DSM IV
2. Age between 18-70

3. Patients give their informed consent
4. Patients are able to read and write the Dutch language

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 Years

**Upper age limit**

70 Years

**Sex**

All

**Total final enrolment**

128

**Key exclusion criteria**

1. A present diagnosis of schizophrenia or another psychotic disorder, according to the DSM-IV
2. Mental retardation, or another organic mental disorder
3. Suicidal ideation
4. Addiction to or abuse of drugs and/or alcohol
5. Another ongoing treatment for panic disorder (although the use of an SSRI or benzodiazepines is allowed in the treatment as usual condition)

**Date of first enrolment**

15/03/2009

**Date of final enrolment**

01/03/2012

**Locations****Countries of recruitment**

Netherlands

**Study participating centre**

Pro Persona

Lent

Netherlands

6663 CB

# Sponsor information

## Organisation

ZonMw (Netherlands)

## ROR

<https://ror.org/01yaj9a77>

# Funder(s)

## Funder type

Research organisation

## Funder Name

ZonMw (Netherlands) ref: 100003034

## Alternative Name(s)

Netherlands Organisation for Health Research and Development

## Funding Body Type

Private sector organisation

## Funding Body Subtype

Other non-profit organizations

## Location

Netherlands

## Funder Name

ProPersona (Netherlands)

# Results and Publications

## Individual participant data (IPD) sharing plan

Not provided at time of registration

## 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>		13/08/2020	18/11/2021	Yes	No