ISRCTN42388561 https://doi.org/10.1186/ISRCTN42388561

The effectiveness of cognitive behavioural therapy versus interpersonal psychotherapy in panic disorder without 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	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
10/11/2006	Mental and Behavioural Disorders	[ ] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title

Study objectives
To assess the effectiveness of cognitive behavioural therapy (CBT) versus interpersonal psychotherapy (IPT) in panic disorder without 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).

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Treatment

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

Interventions
Patients will receive 12 therapeutic sessions of either CBT or IPT, one session per week, each session takes one hour

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
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).

Key secondary outcome(s)
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).

Completion date
06/01/2008

Eligibility

Key inclusion criteria
1. Main diagnosis panic disorder without agoraphobia
2. Aged between 18 and 60

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
60 Years

Sex
All

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
05/06/1997

Date of final enrolment
06/01/2008

Locations

Countries of recruitment
Netherlands

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

Sponsor information

Organisation
University Maastricht (UM), Department of Clinical, Medical, and Experimental Psychology (The Netherlands)

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

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration