

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

Submission date 19/07/2006	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 19/07/2006	Overall study status Completed	☐ Protocol
Last Edited 08/01/2021	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☒ Results
		☐ 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

Protocol serial number
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)

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

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(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

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

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Upper age limit

60 Years

Sex

All

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)

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

Study outputs

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