

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

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON25827

### Source

NTR

### Brief title

N/A

### Health condition

There are two conditions; patients will be randomly allocated to either CBT or IPT.

## Sponsors and support

**Primary sponsor:** Universiteit Maastricht - Departement of EPP (Experimental Pshycopathology)

**Source(s) of monetary or material Support:** -

## Intervention

## Outcome measures

### Primary outcome

1. Panic free status (defined with panic diaries);

2. performance on a behavioural test (3 situations).

Panic diaries are completed at 0 months (pre-treatment), during treatment, 3 months (post treatment), 4 months (follow up 1) and 9 months (follow up 2).

Performance on the behavioural test is assessed at 0 months (pre-treatment), 4 months (follow up 1) and 9 months (follow up 2).

### **Secondary outcome**

1. A composite measure of panic and agoraphobic measures (FQ v+a, main fobia, ASI, FOF, ...);

2. a composite measure of cognitive measures (e.g. BSIQ-14, ACQ);

3. an interpersonal measure (IIP);

4. a composite measure of general psychopathology (SCL-90, STAI).

The outcomes are assessed at 0 months (pre-treatment), 3 months (post treatment), 4 months (follow up 1) and 9 months (follow up 2).

## **Study description**

### **Background summary**

In panic disorder with agoraphobia, CBT is an effective empirical based treatment approach in which exposure in vivo and cognitive therapy are important components. IPT appears to be an efficacious treatment in depressive disorder, eating disorders, PTSD, and social phobia. These good treatment results and the finding that panic disorders may occur in times of increased interpersonal stress, generate questions about the superior status of CBT in treating panic patients with agoraphobia.

### **Study objective**

In this study we will test the effectivity of CBT vs. IPT in panic disorder with agoraphobia.

### **Study design**

N/A

### **Intervention**

Patients will receive 12 therapeutic sessions of either cognitive behavioural therapy (CBT) or

interpersonal psychotherapy (IPT). Once a week a session takes place and one session takes one hour.

## Contacts

### **Public**

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## Eligibility criteria

### **Inclusion criteria**

1. Main diagnosis panic disorder with moderate/severe agoraphobia;
2. aged between 18 and 60.

### **Exclusion criteria**

1. Co morbid psychosis or bipolar disorder;
2. the use of psychoactive drugs;
3. Intelligence Quotient (IQ) < 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.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	18-09-1996
Enrollment:	92
Type:	Actual

## Ethics review

Positive opinion	
Date:	06-06-2006
Application type:	First submission

## Study registrations

## Followed up by the following (possibly more current) registration

No registrations found.

## Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
NTR-new	NL639
NTR-old	NTR699
Other	: N/A
ISRCTN	ISRCTN95465806

## Study results

### Summary results

N/A