

Don't Panic Online. A randomised trial to the effects of an internet based self-help course for reducing panic symptoms.

No registrations found.

Ethical review	Not applicable
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON29126

Source

NTR

Brief title

DPO

Health condition

Panic disorder, internet interventions

Sponsors and support

Primary sponsor: EMGO Institute, VU University Medical Centre

Trimbos Institute (Netherlands Institute of Mental Health and Addiction)

Source(s) of monetary or material Support: EMGO Institute, VU University Medical Centre

Trimbos Institute (Netherlands Institute of Mental Health and Addiction)

Intervention

Outcome measures

Primary outcome

Panic and anxiety symptoms.

Secondary outcome

Drop-out rate, incidence of panic disorder, depressive symptoms, quality of life, cost-effectiveness and satisfaction with the intervention.

Study description

Background summary

We aim to evaluate the effectiveness of Don't Panic Online, an internet based self-help course specifically designed for subthreshold and mild cases of panic disorder. We will conduct a randomised controlled trial with two arms:

1. Don't Panic Online with regular e-mail contact;
2. Care as usual (CAU).

Study objective

The internet based self-help course Don't Panic Online will effectively reduce panic symptoms in people with sub-threshold or mild panic disorder.

Study design

1. t0: Baseline;
2. t1: Post treatment (3 months).

Intervention

Don't Panic Online (DPO) is an individual web-based self-help course based on the group course Don't Panic. The course consists of six sessions, in which the participants will acquire more control over panic symptoms by applying cognitive behavioural and other techniques and skills. These skills include relaxation, changing fearful thoughts and confronting fearful situations.

Contacts

Public

W. Ballegooijen, van
Vrije Universiteit
Department of clinical psychology
Van der Boechorststraat 1
Amsterdam 1081 BT
The Netherlands

Scientific

W. Ballegooijen, van
Vrije Universiteit
Department of clinical psychology
Van der Boechorststraat 1
Amsterdam 1081 BT
The Netherlands

Eligibility criteria

Inclusion criteria

1. 18 years of age or older;
2. Internet access;
3. Sub-threshold or mild PD (PDSS-SR score 5-15).

Exclusion criteria

Suicidal risk.

Study design

Design

Study type:	Interventional
Intervention model:	Other

Allocation: Randomized controlled trial

Control: N/A , unknown

Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 01-03-2009

Enrollment: 120

Type: Anticipated

Ethics review

Not applicable

Application type: Not applicable

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	NL1560
NTR-old	NTR1639
Other	WC : 2008-121
ISRCTN	ISRCTN wordt niet meer aangevraagd

Study results

Summary results

N/A