

The effectiveness of cognitive behavioural therapy (CBT) versus interpersonal psychotherapy (IPT) in panic disorder without agoraphobia.

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON29181

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: Maastricht University

EPP (Experimental Psychopathology)

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 elements. In panic disorder without agoraphobia the component of exposure may not be as relevant as the cognitive component (van den Hout, Arntz, & Hoestra, 1994). In addition, a nonprescriptive treatment, stressing that panic disorder begins as a reaction to life stress, may have comparable treatment outcomes as CBT in panic disorder (Shear, Pilkonis, Cloitre, & Leon, 1994). IPT is a therapeutic approach emphasizing the role of interpersonal problems in psychiatric conditions. IPT appears to be an efficacious treatment in depressive disorder, and eating disorders. Furthermore, primary panic attacks seem to arise during times of increased interpersonal stress (Craske, Miller, Rotunda, & Barlow, 1990). Therefore, it is very interesting to investigate the effectivity of CBT versus IPT in panic disorder without agoraphobia.

Study objective

To assess the effectivity of CBT vs. IPT in panic disorder without agoraphobia.

Intervention

Patients will receive 12 therapeutic sessions of either CBT or IPT. Once a week a session takes place and one session takes one hour.

Contacts

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Eligibility criteria

Inclusion criteria

1. main diagnosis panic disorder without 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
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	05-06-1997
Enrollment:	80
Type:	Anticipated

Ethics review

Positive opinion	
Date:	13-06-2006
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	NL641
NTR-old	NTR701

Register

Other
ISRCTN

ID

: N/A
ISRCTN42388561

Study results

Summary results

N/A