

Treatment of panic disorder with or without agoraphobia.

Mindfulness Based Stress Reduction vs. Cognitive Behavioral Therapy

Published: 28-08-2007

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The aim of this study is the comparison of Mindfulness Based Stress Reduction (MBSR), with an empirically proven effective treatment, namely Cognitive Behavioral Therapy (CBT) in the treatment of panic disorders with or without agoraphobia.

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Anxiety disorders and symptoms
Study type	Interventional

Summary

ID

NL-OMON31688

Source

ToetsingOnline

Brief title

AGPA 6 Group

Condition

- Anxiety disorders and symptoms

Synonym

panic disorder with or without agoraphobia

Research involving

Human

Sponsors and support

Primary sponsor: Riagg Maastricht

Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: CBT, Comparison, Mindfulness, Panic disorder

Outcome measures

Primary outcome

What is measured is the decrease in panic attacks per week en the decrease in avoidance of panic related situations.

Secondary outcome

The degree of association between bodily sensations and catastrophic cognitions is explored.

Furthermore we explore the influence of both treatments on the experience and (catastrophic) interpretations of bodily sensations and also on the experienced quality of life.

Furtermore we explore the influence of the degree of mindfulness on the experience and cognitions of bodily sensations and on the quality of life.

Study description

Background summary

Since the beginning of the nineties of the twentieth century, Mindfulness techniques as (part of) treatment of psychological disorders have been gaining popularity. Mindfulness techniques, originally a form of meditation, are being applied more and more and are supposed to be effective in the treatment of a large diversity of disorders, like depressive disorders, anxiety disorders, dependence of substances and with problems in emotion-regulation with Boderline Personality Disorders. Different scientific studies have shown promising results, for example in preventing backfall in depressive disorders. In many studies there were methodological limitations. The growing but empirically insufficiently founded application of mindfulness techniques demands a

controlled scientific research.

Study objective

The aim of this study is the comparison of Mindfulness Based Stress Reduction (MBSR), with an empirically proven effective treatment, namely Cognitive Behavioral Therapy (CBT) in the treatment of panic disorders with or without agoraphobia.

Study design

This study is a Randomised Clinical Trial

Intervention

Two treatments will be compared with each other. The Cognitive Behavioral Therapy aims at changing catastrophic cognitions into more realistic cognitions and at exposure and subsequent habituation to fearsome sensations and/or situations. Mindfulness Based Stress Reduction (MBSR) aims at learning to give attention to and become conscious of thoughts, feelings in here and now as well internal as outside the self, with the aim to observe them friendly and subsequently let them go.

Study burden and risks

There are no health risks attached to participation in this study. Participants will be tested for 9 hours in total, divided over 4 measurements (6 moments of measurement). These measurements exist mainly of filling in questionnaires, but next to that on two occasions there will be a behavioral measurement and two times there will also be an priming task on the computer. Participants in the waitlist control group will perform two times the priming task on the computer. This will take approximately 30 min. each time.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

Primary diagnosis panic disorder with or without agorafobia.

Men and women in the age of >17 years.

Exclusion criteria

Another primary diagnosis than panic disorder with or without agorafobia

Comorbide psychosis

IQ<80

Not being able to speak, write or read the Dutch language

Following other psychological treatment at the same time

Acute danger of suicide

Substance use that requires treatment first

Known cardiovascular or respiratory disorders

Problems that could disturb functioning in a group treatment, when there are signals from intake procedure (e.g. aggression)

Not being prepared to do homework for 45 minutes a day

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-09-2007
Enrollment:	88
Type:	Actual

Ethics review

Approved WMO	
Date:	28-08-2007
Application type:	First submission
Review commission:	METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)
Approved WMO	
Date:	09-12-2008
Application type:	Amendment
Review commission:	METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

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
CCMO	NL16747.068.07