

Don*t Panic Online: a randomised trial to the effects of an internet based self-help course for reducing panic symptoms.

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To generate evidence for the effectiveness of the internet based self-help course Don*t Panic Online and to investigate which type of support is most efficient for this intervention.

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Psychiatric disorders
Study type	Interventional

Summary

ID

NL-OMON33460

Source

ToetsingOnline

Brief title

Don't Panic Online

Condition

- Psychiatric disorders

Synonym

panic attacks, panic disorder

Research involving

Human

Sponsors and support

Primary sponsor: Vrije Universiteit

Source(s) of monetary or material Support: Ministerie van OC&W, Trimbos-instituut

Intervention

Keyword: panic disorder, self-help, web-based

Outcome measures

Primary outcome

Primary outcome measures are the reduction of panic and anxiety symptoms.

Secondary outcome

Secondary outcome measures are the drop-out rate, incidence of PD, depressive symptoms, quality of life, cost-effectiveness and satisfaction with the intervention.

Study description

Background summary

Panic disorder (PD) yearly occurs in 1.4% of the Dutch population. Moreover, an estimated 1.8% shows sub-threshold panic symptoms and is at risk of developing full-blown PD. Only a quarter of people with panic symptoms (full-blown and subthreshold) seeks help.

A low threshold intervention especially designed for this group with sub-threshold or mild PD is Don't Panic Online. This is a self-help course which can be followed completely online.

A common problem of web based self-help courses is the large percentage of drop-out. Evidence suggests that support, e.g. by e-mail, decreases the number of drop-outs. Recently, there has also been suggested that a clear deadline, like a scheduled interview, could be sufficient support to motivate participants to finish their course.

The effectiveness of Don't Panic Online will be investigated. Simultaneously, we will look into the drop-out problem of web-based self help interventions.

Study objective

To generate evidence for the effectiveness of the internet based self-help course Don't Panic Online and to investigate which type of support is most

efficient for this intervention.

Study design

This study is a randomised controlled trial that compares two experimental groups and a care as usual (CAU) control group:

Group 1 will follow the online course with e-mail support.

Group 2 will follow the course without assistance, but with a scheduled chat with a coach afterwards.

Group 3 is the CAU control group will get access to an information website.

Intervention

Don't Panic Online (DPO) is an individual web-based self-help course developed by the Trimbos Institute in collaboration with GGNet, based on the group course Don't Panic. The course consists of six sessions, each of which will take about thirty minutes to walk through. Participants are taught to control their panic symptoms by applying cognitive behavioural and other techniques and skills. These skills include relaxation, changing fearful thoughts and confronting fearful situations.

Study burden and risks

Participants are asked to follow a course of 6 lessons and to complete a questionnaire 4 times. This course and questionnaire will be available online. We will also conduct two diagnostic interviews by telephone.

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

18 years of age or older, internet access, sub-threshold or mild PD (PDSS-SR score 5-12)

Exclusion criteria

No exclusion criteria were defined for this research.

Study design

Design

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

Primary purpose: Prevention

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	02-03-2010
Enrollment:	300

Type:

Actual

Ethics review

Approved WMO

Date:

14-07-2009

Application type:

First submission

Review commission:

METC Amsterdam UMC

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

NL27064.029.09