A randomized controlled study on the effects of time-limited cognitive behavioural therapy (CBT) for panic disorder with/without agoraphobia and social anxiety disorder with comorbidity.

Published: 17-04-2012
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Primairy goal of the study is to treat anxiety disorder patients more cost-effectively (shorter treatments with equal treatment results).

Ethical review	Not approved
Status	Will not start
Health condition type	Anxiety disorders and symptoms
Study type	Interventional

Summary

ID

NL-OMON36485

Source
ToetsingOnline

Brief title
Time limited CBT for panic disorder and social anxiety disorder

Condition

- Anxiety disorders and symptoms

Synonym
Panic disorder, social anxiety disorder

Research involving
Human

Sponsors and support

Primary sponsor: ProPersona (Nijmegen)
Source(s) of monetary or material Support: Hendriks & Roosenboom;ProPersona

Intervention

Keyword: (Time-)limited, Anxiety disorders, CBT, Comorbidity

Outcome measures

Primary outcome

The primary study parameter is cost-effectiveness, measured with the TiC-P

(Hakkaart-van Roijen, Van Straten, Donker, & Tiemens, 2002) and the EuroQol-5D

(EQ-5D; Brooks, 1996).

Secondary outcome

Secondary study parameters are treatment integrity (therapist drift) and

symptom reduction and general functioning.

Study description

Background summary

Cognitive behavioral therapy (CGT) is an effective and evidence based psychological anxiety disoder treatment. Manuals consist of 12 sessions on average. However, CBT treatments are not always executed manually. Therapist drift, shifting from CBT techniques to other techniques, is probably an important cause of bad CBT implementation. In consequence, treatments are not optimally delivered (shorter or longer than necessary) and not evidence based. Probably, demoralisation, therapist dependence, compliance reduction and societal and financial consequences occur. A possible solution is time limited treatment, definiting time and total number of sessions beforehand. Shorter and more adequat treatments are expected consequences.

Study objective

Primairy goal of the study is to treat anxiety disorder patients more

cost-effectively (shorter treatments with equal treatment results).

Study design

A randomised controlled study about two groups: Time Limited Treament (TLT) versus Treatment As Usual (TAU).

Intervention

Patients will be randomised to two conditions. Patients in the TLT condition receive a maximum of 12 45 minute CBT sessions in a maximum time of 12 weeks. Treatment is focused on the primary anxiety disorder. Patients in the TAU condition receive unlimited CBT treatment.

Study burden and risks

Risks of this study are limited. Patients in both condities will receive adequat evidence bades CBT treatment. It is possible that patients in the TLT condition still suffer symptoms in week 12. However, several RCT's prove that symptom reduction still continues after treatment termination. When this study proves that patients can be treated in a shorter time with equal treament results, this can be very beneficial for (future) anxiety disorder patients and also voor mental health care and insurers. Treatments will be more cost-effective, periods of illness will be reduces and also waiting lists in mental health care will be reduced.

Contacts

Public
Overwaal, centru

Centrum voor Angststoornissen "Overwaal", Pastoor van Laakstraat 48
6663 CB Lent
NL
Scientific
Overwaal, centru

Centrum voor Angststoornissen "Overwaal", Pastoor van Laakstraat 48
6663 CB Lent
NL

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

Adult panic disorder or social phobia patients with comorbid anxiety disorder(s) and/or mood disorder(s)

Exclusion criteria

- Comorbid psychotic disorders
- Acute suïcidality
- Alcohol- or drug abuse
- Alcohol- or drug dependence
- Severe retardation (IQ < 80)

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:	Will not start
Enrollment:	136
Type:	Anticipated

Ethics review

Not approved

Date:	17-04-2012
Application type:	First submission
Review commission:	CMO regio Arnhem-Nijmegen (Nijmegen)

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	NL34576.091.11