EMDR versus CBT in treatment of panic disorders with or without agoraphobia: a Randomized Controlled Trial.

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Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON22257

Bron
NTR

Verkorte titel
EMDR vs. CBT in the treatment of panic disorders: A RCT

Aandoening

Panic disorders with or without agoraphobia

Ondersteuning

Primaire sponsor: none
Overige ondersteuning: none

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. Symptoms of a panic disorder with or without agoraphobia (SCID-I);
2. Quality of life (WHOQOL-Bref).

Toelichting onderzoek

Achtergrond van het onderzoek

Several studies have shown that CBT is an effective treatment method to patients with a panic disorder with or without agoraphobia. Nevertheless, there is a group of patients who need additional treatment after CBT, especially after a long follow-up period. EMDR has already been proved to be an effective treatment method to patients with PTSD and trauma's. Nevertheless, the effectiveness of EMDR in treatment of a panic disorder with or without agoraphobia is still unclear, while there are several reasons why EMDR could be an effective treatment method to this patient group. A first panic attack is traumatizing to many patients, because it occurs suddenly, it can seem life threatening and patients feel like they lose control. A first panic attack may cause a conditioned fear to a next panic attack. This will be the first study to compare EMDR with CBT in the treatment of panic disorders with or without agoraphobia.

Doel van het onderzoek

1. The first hypothesis is that treatment of panic disorders with or without agoraphobia with EMDR as well as with CBT will lead to symptom reduction. This symptom reduction is expected to be larger in the EMDR treatment group than in the CBT treatment group, when a patient still suffers from traumatic memories in the present;

2. The second hypothesis is that treatment of panic disorders with or without agoraphobia with EMDR as well as with CBT will lead to an increase of quality of life. This increase of quality of life is expected to be larger in the EMDR treatment group than in the CBT treatment group, when a patient still suffers from traumatic memories in the present.

Onderzoeksopzet

1. Baseline measurement: Before treatment;

2. Second measurement: After treatment;

3. third measurement: Three months after completion of treatment;

4. Fourth measurement: One year after third measurement.

Onderzoeksproduct en/of interventie

Two forms of psychotherapy will be compared: Eye Movement Desensitization Reprocessing

(EMDR) and Cognitive Behavioral Therapy (CBT). Patients are randomly assigned to one of the two treatment conditions. In both groups, there is one treatment session of 45 to 60 minutes per week for thirteen consecutive weeks. All interventions will be delivered by qualified therapists.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Primary diagnosis of panic disorder with or without agoraphobia according to the DSM-IV-TR;

2. Age between 18 and 65 years;

3. Sufficient knowledge of the Dutch language.

Belangrijkste redenen om niet deel te kunnen nemen

(Exclusiecriteria)

1. Dementia;

2. Psychosis;

3. Severe depression;

4. Bipolar disorder;

5. Personality disorder;

6. Substance dependence (>20 units of alcohol per week);

7. Use of benzodiazepines or other sedative agents;

8. Use of anti-depressants.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	01-02-2010
Aantal proefpersonen:	68
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	08-11-2011
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL2986
NTR-old	NTR3134
Ander register	:
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten
N/A