

# The effectiveness of cognitive behavioural therapy vs. interpersonal psychotherapy in panic disorder with agoraphobia.

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In this study we will test the effectiveness of CBT vs. IPT in panic disorder with agoraphobia.

|                             |                       |
|-----------------------------|-----------------------|
| <b>Ethische beoordeling</b> | Positief advies       |
| <b>Status</b>               | Werving gestopt       |
| <b>Type aandoening</b>      | -                     |
| <b>Onderzoekstype</b>       | Interventie onderzoek |

## Samenvatting

### ID

NL-OMON25827

### Bron

NTR

### Verkorte titel

N/A

### Aandoening

There are two conditions; patients will be randomly allocated to either CBT or IPT.

### Ondersteuning

**Primaire sponsor:** Universiteit Maastricht - Departement of EPP (Experimental Psychopathology)

**Overige ondersteuning:** -

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

### Primaire uitkomstmaten

1. Panic free status (defined with panic diaries);<br>

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).

## Toelichting onderzoek

### Achtergrond van het onderzoek

In panic disorder with agoraphobia, CBT is an effective empirical based treatment approach in which exposure in vivo and cognitive therapy are important components. IPT appears to be an efficacious treatment in depressive disorder, eating disorders, PTSD, and social phobia. These good treatment results and the finding that panic disorders may occur in times of increased interpersonal stress, generate questions about the superior status of CBT in treating panic patients with agoraphobia.

### Doel van het onderzoek

In this study we will test the effectivity of CBT vs. IPT in panic disorder with agoraphobia.

### Onderzoeksopzet

N/A

### Onderzoeksproduct en/of interventie

Patients will receive 12 therapeutic sessions of either cognitive behavioural therapy (CBT) or interpersonal psychotherapy (IPT). Once a week a session takes place and one session takes one hour.

## Contactpersonen

### Publiek

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## **Wetenschappelijk**

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## **Deelname eisen**

### **Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)**

1. Main diagnosis panic disorder with moderate/severe agoraphobia;
2. aged between 18 and 60.

### **Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)**

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.

## Onderzoeksopzet

### Opzet

|                  |                         |
|------------------|-------------------------|
| Type:            | Interventie onderzoek   |
| Onderzoeksmodel: | Parallel                |
| Toewijzing:      | Gerandomiseerd          |
| Blinding:        | Open / niet geblindeerd |
| Controle:        | Geneesmiddel            |

### Deelname

|                         |                       |
|-------------------------|-----------------------|
| Nederland               |                       |
| Status:                 | Werving gestopt       |
| (Verwachte) startdatum: | 18-09-1996            |
| Aantal proefpersonen:   | 92                    |
| Type:                   | Werkelijke startdatum |

## Ethische beoordeling

|                 |                  |
|-----------------|------------------|
| Positief advies |                  |
| Datum:          | 06-06-2006       |
| 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

NTR-new

NTR-old

Ander register

ISRCTN

### ID

NL639

NTR699

: N/A

ISRCTN95465806

## Resultaten

### Samenvatting resultaten

N/A