

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

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON22257

Source

Nationaal Trial Register

Brief title

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

Health condition

Panic disorders with or without agoraphobia

Sponsors and support

Primary sponsor: none

Source(s) of monetary or material Support: none

Intervention

Outcome measures

Primary outcome

1. Symptoms of a panic disorder with or without agoraphobia (SCID-I);

2. Quality of life (WHOQOL-Bref).

Secondary outcome

1. Severity of panic disorder (ACQ; BSQ);
2. Severity of agoraphobia (MI);
3. Number of panic attacks (registration form).

Study description

Background summary

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.

Study objective

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.

Study design

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.

Intervention

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.

Contacts

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Eligibility criteria

Inclusion criteria

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.

Exclusion criteria

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.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-02-2010
Enrollment:	68
Type:	Anticipated

Ethics review

Positive opinion

Date: 08-11-2011

Application type: First submission

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
NTR-new	NL2986
NTR-old	NTR3134
Other	:
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A