

Contents

1. Introduction	1
<i>Iver Hand and Hans-Ulrich Wittchen</i>	

I. Diagnostic Reliability and Epidemiology of DSM-III Anxiety Disorders

2. Diagnostic Reliability of Anxiety Disorders	7
<i>Hans-Ulrich Wittchen and Gert Semler</i>	
1. Introduction	7
2. Definition and Classification of Anxiety Disorders	7
3. Aims	9
4. Methods	9
5. Results	11
5.1. Diagnostic Test-Retest Reliability	11
5.2. Test-Retest Reliability of Symptom Questions	11
5.3. Comparison of Two Diagnostic Methods (DSM-III checklist versus CIDI)	14
6. Discussion	15
7. References	17
3. Epidemiology of Panic Attacks and Panic Disorders	18
<i>Hans-Ulrich Wittchen</i>	
1. Introduction: Contribution of Epidemiological Data to the Classification of Anxiety Disorders	18
2. Aims	19
3. Methods	20
3.1. Description of the Munich Follow-up Study (MFS)	20
3.2. Design and Instruments	20
3.3. Data from the NIMH Epidemiological Catchment Area (ECA) Program	21
3.4. Analysis	22
4. Results	22
4.1. Prevalence Rates and Biosocial Characteristics of DSM-III Anxiety Disorders	22
4.2. Frequencies of Symptoms and Syndromes Related to Panic Disorders	22
4.3. Age of Onset of Anxiety Disorders	25
5. Discussion	26
6. References	27

II. Theoretical Models and Empirical Evidence

4. Panic Attacks: Theoretical Models and Empirical Evidence	31
<i>Jürgen Margraf, Anke Ehlers, and Walton T. Roth</i>	

VIII	Contents	
1.	Introduction	31
2.	Biological Models of Panic Attacks	32
2.1.	Klein's and Sheehan's Models	32
2.2.	Empirical Evidence	33
2.2.1.	Specificity of Drug Treatments	33
2.2.2.	Panic Induction	33
2.2.3.	Family and Twin Studies	33
2.2.4.	Spontaneity of Panic Attacks	34
2.2.5.	Separation Anxiety and School Phobia	34
3.	Psychophysiological Models of Panic Attacks	35
3.1.	Principles of Psychophysiological Models	35
3.2.	Empirical Evidence	36
3.2.1.	Positive Feedback Loops in Panic	36
3.2.2.	Role of Cognitions	37
3.2.3.	Role of Hyperventilation	37
3.2.4.	Role of Cardiovascular Events	38
3.2.5.	Role of Vestibular Dysfunction	39
4.	Discussion and Conclusions	39
5.	References	40
5.	Experimental Panic: Biobehavioral Notes on Empirical Findings	44
	<i>Marcel A. van den Hout and Eric Griez</i>	
1.	Introduction	44
2.	Phobias	45
2.1.	Some Behavioral Models	45
2.2.	Biological Aspects of Behavioral Models of Phobias	45
3.	Panic	46
3.1.	Biological Models	46
3.2.	Behavioral Aspects of Pharmacological Panic Models	48
4.	Concluding Remarks	50
5.	References	50
6.	Experimental Induction of Panic Attacks	53
	<i>Anke Ehlers, Jürgen Margraf, and Walton T. Roth</i>	
1.	Introduction	53
2.	Sodium Lactate and Carbon Dioxide as Panic Challenges – Historical Development	54
2.1.	Lactate Infusion and Panic Attacks	54
2.2.	Carbon Dioxide Inhalation and Panic Attacks	54
3.	Results of Panic Induction Studies	55
3.1.	Effects of Lactate and CO ₂	55
3.1.1.	Self-Reported Anxiety and Symptoms	55
3.1.2.	Physiological Effects	55
3.1.3.	Biochemical Effects	56
3.2.	Incidence of Lactate and CO ₂ -Induced Panic Attacks	56
3.3.	Similarity of Laboratory-Induced and Naturally Occurring Panic	57
4.	Panic Induction: Limitations and Open Questions	58
4.1.	Methodological Considerations	58
4.2.	Sensitivity and Specificity of Panic Challenges	58
4.3.	Relevance of Baseline Levels of Anxiety and Arousal	59
5.	Two Studies on Panic Induction	59
6.	Discussion and Conclusions	62
7.	References	64

7. Agoraphobia and the Hyperventilation Syndrome – the Role of Interpretations of Complaints	67
<i>Bert Garssen</i>	
1. Introduction	67
2. Methods	68
3. Results	69
4. Discussion	70
5. References	71
8. Panic Disorder – Overlap with Symptoms of Somatization Disorder	72
<i>Roy King, Jürgen Margraf, Anke Ehlers, and Richard Maddock</i>	
1. Introduction	72
2. Methods	73
2.1. Subjects	73
2.2. The Self-Report Inventory for Somatic Symptoms (SISS)	73
2.3. Procedure	73
3. Results	74
3.1. Psychometric Properties of the SISS	74
3.2. Differences between Panic and Control Groups	74
3.3. Relationship between Phobic Avoidance and Major Depression	74
3.4. Relationships with Other Measures	74
4. Discussion	75
5. References	77

III. Treatments and Longterm Outcome of Phobias with Panic Attacks

9. Longterm Efficacy of Exposure in-Vivo for Cardiac Phobia	81
<i>Wolfgang Fiegenbaum</i>	
1. Introduction	81
2. Description of our Exposure Therapy Package	81
2.1. Diagnostic Phase	82
2.2. Cognitive Preparation	82
2.3. Intense Exposure in-Vivo	82
2.4. Self-Control	83
3. Goals and Design of our Study	83
4. Methods	84
4.1. Patients and Therapists	84
4.2. Assessment	84
4.2.1. Questionnaire Measures	85
4.2.2. Behavioral Test	85
4.2.3. Other Symptom-Relevant Variables	85
5. Results	85
5.1. Results for the Entire Patient Group	85
5.1.1. Questionnaire Measures	85
5.1.2. Behavioral Test	86
5.1.3. Other Symptom-Relevant Variables	87
5.2. Comparison of Groups A and B	88
6. Discussion	89
7. References	89
10. Cognitive and Physiological Processes in the Maintenance and Treatment of Panic Attacks	90
<i>Paul M. Salkovskis and David M. Clark</i>	
1. Introduction	90

X	Contents	
2.	Effectiveness of Treatment Based on the Cognitive Model of Panic	92
3.	Interpretation of Treatment Studies	96
4.	Effects of Stress and Panic on Respiration in Panic Patients	97
5.	Discussion	100
6.	Conclusions	101
7.	References	102
11.	Exposure In-Vivo with Panic Management for Agoraphobia:	
	Treatment Rationale and Longterm Outcome	104
	<i>Iver Hand, Jörg Angenendt, Martina Fischer, and Cornelia Wilke</i>	
1.	Introduction	104
2.	Experimental Design	105
2.1.	Treatments: Exposure In-Vivo and Panic Management	105
2.2.	Patients	108
2.3.	Assessments	109
3.	Results	111
3.1.	Outcome for Total Patient Sample	111
3.1.1.	Symptom Scales: Prospective Follow-Up	111
3.1.2.	Interview Data: Retrospective Follow-Up	112
3.1.3.	Comparison of Outcome with Three Different Modes of Exposure	115
3.2.	Outcome of Mild Agoraphobia	116
3.3.	Outcome of Severe Agoraphobia	116
3.3.1.	Comparison of Outcome with Group Exposure and Home Based Treatment	116
3.3.2.	Comparison of Gainers and Losers	117
3.3.3.	Level of Multisymptomatic Disturbance and Outcome in Agoraphobia	119
3.3.4.	Changes During Follow-Up	120
4.	Summary and Discussion	121
5.	References	125
	Subject Index	129