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Predictors of Relapse and Long-Term Recovery in Panic Disorder

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PREDICTORS OF RELAPSE AND LONG-TERM RECOVERY IN PANIC DISORDER

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Previous studies of panic disorder have examined predictors of relapse in the short-term. This study investigated predictors of relapse and *long-term* recovery in panic disorder treated with alprazolam or alprazolam plus cognitive behavior therapy (CBT). Relapse was defined as a return to medication or other panic disorder treatment after discontinuation. Logistic regression analysis was used to determine if any predictors of relapse versus long-term recovery were evident. The results and implications for future treatment will be discussed at the 6th Annual IWU Student Research Conference.