Predictors of Relapse and Long-Term Recovery in Panic Disorder

Leann Westerhold  
Illinois Wesleyan University

Timothy J. Bruce, Faculty Advisor  
University of Illinois College of Medicine, Peoria

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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.