

Behavioral Treatment of Anxiety in Parkinson's Disease (BehTA-PD): A Pilot Study
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Abstract:

The proposed study will pilot an evidence-based cognitive-behavioral therapy (CBT) intervention for anxiety for individuals with Parkinson's disease (PD). CBT is recognized as an effective psychotherapeutic treatment for anxiety in the general population. However, despite the frequent occurrence of anxiety in PD and its burden to patients, caregivers, and providers, there are no evidence-based studies of treatments for anxiety in PD. Accordingly, this study will provide the preliminary data necessary for designing a future randomized clinical trial (RCT), including information on the feasibility and acceptability of a CBT intervention for patients with clinically significant anxiety and PD, their caregivers, and care providers.

Specific Aims:

Aim 1: Conduct a controlled pilot study of a CBT treatment package for individuals with PD who have clinically significant anxiety in order to:

- a. Estimate effect sizes of CBT for anxiety relative to enhanced usual care in 20 patients on outcome measures of anxiety severity and quality of life (QOL).
- b. Examine feasibility and acceptability of the treatment.
- c. Obtain feedback on the content and delivery of the CBT package from patients, caregivers, therapists, health-care providers and an expert panel.

Aim 2. Refine the components of the CBT treatment package used in Aim 1.