Recruitment of German general practices by mailings or public relations

Enrolment of general practices (target sample size: n = 74) - the general practitioner and one health care assistant constitute the 'practice team' and are trained in clinical features, diagnostics, and treatment standards of panic disorder with or without agoraphobia

General practices excluded:
- not meeting inclusion criteria

Enrolment of patients with panic disorder with/without agoraphobia from general practices (target sample size: n = 444) by screening questionnaire and general practitioners' ICD-10-based diagnostic interview - written informed consent must be given by patients to be enrolled

Patients excluded:
- not meeting inclusion criteria
- no informed consent given

Cluster randomisation of general practices

Allocation of general practice teams to study arms - baseline assessment T0 (patient completes case report form)

Practice teams are trained in delivering a practice team-supported, self-managed exposure program to patients

Treatment of patients by practice teams using the practice team-supported, self-managed exposure program

Treatment of patients by practices teams providing usual care in consideration of recommended treatment standards

Follow-up assessment T1 of patients (patient completes case report form)

Follow-up assessment T2 of patients (patient completes case report form)