Interested subjects and telephonic screening
n = 397

Interview using inclusion and exclusion criteria
n = 261

Other psychiatric symptoms than panic symptoms or practical restraints (work, travelling) n = 136

Contraindication by clinician n=93 (mainly: severe PD; other psychiatric problems), non-response n = 54

Intervention and participation in research after informed consent, pre-course data n = 114

Post-course data
n = 91 (80%)

Follow-up data
n = 76 (67%)