

A picture-based online questionnaire for agoraphobia

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Background

- Validate a new method of administering online questionnaires by using pictures to facilitate responding
- Two separate studies carried out in Sweden and Australia

Background

We know that...

- Internet is an efficient and efficacious way to administer assessments for research and clinical purposes.
- Web-based testing for panic/agoraphobia can be reliable and valid and online questionnaires yield equivalent results to paper and pencil administration (Austin et al., 2006; Carlbring et al., 2007).

Background

But...

- Not taking advantage of how information can be presented and visualised in online assessments.
- Expand the area of Internet-based assessments by using pictures to improve the administration of questionnaires online.

Method

Material

- Chambless' Mobility Inventory for agoraphobia (Chambless, 1985)
- 25 items
- A text-based and a picture-based version

Method

Material

- Instructions

“You will now be presented with 25 pictures. Try to imagine yourself in the situation that is pictured. Please indicate the degree to which you avoid the following places or situations because of discomfort or anxiety. Rate your amount of avoidance by using the following scale: Never avoid, Rarely avoid, Avoid about half of the time, Avoid most of the time, Always avoid”

Tunnel



Never avoid

Rarely avoid

Avoid about half of the time

Avoid most of the time

Always avoid

Tunnel

- Never avoid
- Rarely avoid
- Avoid about half of the time
- Avoid most of the time
- Always avoid

High places



Never avoid

Rarely avoid

Avoid about half of the time

Avoid most of the time

Always avoid

Restaurant



Never avoid

Rarely avoid

Avoid about half of the time

Avoid most of the time

Always avoid

Method

Participants

- Sweden (all data collected)
 - 40 participants with panic disorder (PD) with/without agoraphobia
 - Randomized to complete the online text-based or picture-based test. Pre-treatment and post-treatment data collected.
 - 40 matched healthy controls

Method

Participants

- Australia (all data not collected)
 - 20 participants with panic disorder (PD) with/without agoraphobia
 - 20 healthy controls
 - Randomized to complete the online text-based or picture-based test.
Pre-treatment data collected.

Results

Pre-treatment

	Picture M(SD)	Text M(SD)	
PD	78.5(22.2)	81.9(16.3)	($t_{38}=.55$, $p=.58$)
Controls	35.0(6.9)	35.6(11.0)	($t_{38}=.21$, $p=.84$)

Results

Post-treatment

	Picture M(SD)	Text M(SD)	
PD (treatment)	57.7(22.6)	53.7(14.7)	($t_{18} = -.47, p = .65$)
PD (waitlist)	76.6(29.1)	78.4(14.9)	($t_{17} = .17, p = .87$)

Conclusions

- The results from the Swedish study indicate that a picture-based questionnaire measuring agoraphobic avoidance in individuals with panic disorder is equivalent to a text-based questionnaire.
- Cross-cultural differences?

Conclusions

- Future research...
 - further development of online assessments; pictures, images, video clips etc.
 - gender differences..?
- Limitations of the study...
 - small sample size
 - only one rating scale

References

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