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| Subject: | Fear Fighter, a computerised treatment based on cognitive behavioural therapy, in cases of agoraphobia with and without panic |
| Summary: | <p>CVZ has been asked to assess a computerised treatment based on cognitive behavioural therapy in cases of agoraphobia with and without panic, known as the Fear Fighter (FF). Agoraphobia, the fear of open spaces, is an anxiety disorder. Anxiety disorders are ranked number three (6th for men and 1st for women) among the top ten diseases with the highest proportional shortfall (burden of disease).</p> <p>The intervention is based on cognitive behavioural therapy (CBT). Cognitive behavioural therapy, even where treatment involves use of the computer/internet, is a form of treatment normally provided by the professional group. There are insufficient data to prove that FF treatment is better than no treatment, or that the FF intervention is equal to or better than the usual treatment.</p> <p>CVZ's conclusion is that the FF intervention does not fulfil the established medical science and medical practice criterion and is, therefore, not insured care under the <i>Zorgverzekeringswet</i> (Health Insurance Act).</p> |
| Type of ruling: | SpZ = Outcome of Assessment Zvw |
| Date: | 20 September 2010 |
| Issued to: | Care-provider |
| Care form: | Mental health care |