



**Name** *HelloBetter Panik*

**Version** 1.0

**Manufacturer**



HelloBetter is a brand of the  
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**Instructions for Use**



Please read the instructions for use. These can be found in the [imprint](#) and can also be accessed at [https://hellobetter.de/wp-content/uploads/2021/11/IfU\\_de\\_HelloBetter\\_Panik.pdf](https://hellobetter.de/wp-content/uploads/2021/11/IfU_de_HelloBetter_Panik.pdf).

**Intended Purpose**



The online programme *HelloBetter Panik* is a medical device.

*HelloBetter Panik* is a psychological online programme aimed at reducing the symptom severity of panic disorder and agoraphobia with panic disorder. The online course consists of six units to be completed weekly. Each unit takes about 45-60 minutes.

In addition to well-founded psychoeducation via texts, videos and audios, the online programme teaches effective strategies from Cognitive behavioural therapy according to the status quo of scientific findings. These include e.g. repeated exposures to internal and external anxiety-provoking stimuli, cognitive restructuring, relaxation exercises and relapse prevention. The exercises are learned in the online programme and can be integrated into everyday life. Goals are formulated in such a way that they are individual, realistic and achievable. In addition, there is an online journal and recurring symptom checks to record, monitor and evaluate one's own progress.

The online programme has been developed over several years by leading experts in the field of e-mental health and has been extensively studied and found to be effective in a randomised controlled trial.

*HelloBetter Panik* is designed for adults with mild to moderate panic and agoraphobic symptoms who meet the criteria for one of the following ICD-10 diagnoses:

- F41.0 Panic disorder
- F40.01 Agoraphobia: With panic disorder

### Warnings



The online programme *HelloBetter Panik* must not be used if suicidal tendencies are present. In this case, a medical and/or psychotherapeutic assessment should be obtained and the emergency number 112 should be contacted immediately in crisis situations.

In addition, *HelloBetter Panik* is **not** intended for use with:

- Mental illness due to brain dysfunction (F00-F09)
- Mental and behavioural disorders caused by psychotropic substances (F10-F16, F18, F19)
- Diseases of the schizophrenic type and psychotic disorders (F2, F32.3, F33.3)
- Presence of bipolar disorder and/or manic episode (F30, F31)
- Dissociative disorders (F44)

In the case of one or more of the following points, *HelloBetter Panik* may only be carried out if these have been carefully clarified in **advance by the** participant with the family doctor and/or a competent specialist doctor and no objections to participation in the programme have been raised by the doctor.

- Cardiovascular diseases (e.g. cardiac arrhythmias, angina pectoris)
- Diseases of the respiratory system (e.g. bronchial asthma)
- Metabolic diseases (e.g. hyper-/ hypothyroidism, diabetes mellitus)
- Neurological diseases (e.g. epilepsy, central vertigo)
- Known or suspected pregnancy

Furthermore, *HelloBetter Panik* may only be used with supervision. This is ensured by a specially trained



psychologist in our team.