

CORRECTION

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Correction to: Physical exercise augmented cognitive behaviour therapy for older adults with generalised anxiety disorder (PEXACOG): study protocol for a randomized controlled trial

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Correction to: *Trials* (2019) 20:174
<https://doi.org/10.1186/s13063-019-3268-9>

Following the publication of our article [1], we have become aware of one error in the exclusion criteria, inconsistencies in Figs. 1 and 2, and a typo in the reference list.

Exclusion criterion # 10 is incorrect.

Correction:

(10) participating regularly in 60 min of moderate intensity physical exercise per week, divided across 2 or more bouts of physical exercise.

The physical exercise exclusion criteria are omitted from Fig. 1 in the original publication. The correct version of Fig. 1 is included here.

In Fig. 2, the interim testing contains three tests which are not conducted at this point of measure. These are The Five-Minute Pyramid test, The Biering-Sørensen Test, and the Dumbbell Arm Press Test. The correct version of Fig. 2 is included here.

We have discovered a typo in the reference for the Expectancy / Credibility Scale. The correct reference is:

Borkovec, T. D. and S. D. Nau (1972). “Credibility of analogue therapy rationales.” *Journal of Behavior Therapy and Experimental Psychiatry* 3(4): 257–260.

The original article can be found online at <https://doi.org/10.1186/s13063-019-3268-9>.

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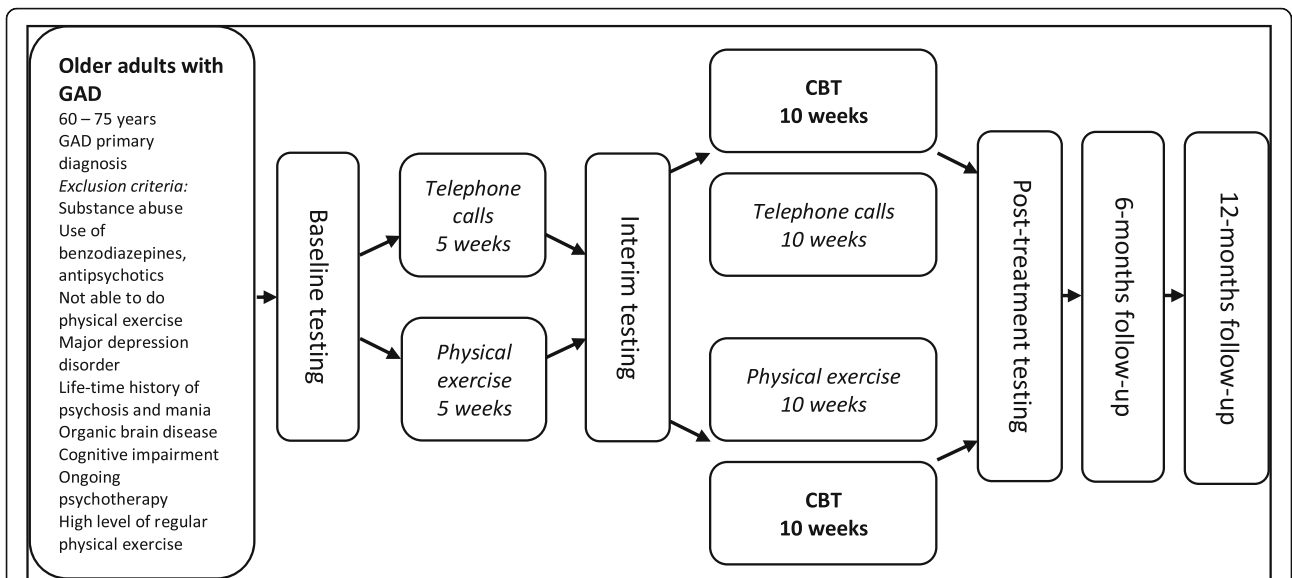


Fig. 1 Study design. Visual presentation of the study design, including sample, assessments, and interventions. GAD, generalised anxiety disorder; CBT, cognitive behaviour therapy

TIMEPOINT	STUDY PERIOD									
	Pre-treatment			Treatment				Post-treatment		
	W -x	W -1	0	W 1-5	W 6	W 7-16	W 17	M 10	M 16	
	Enrolment	Baseline	Allocation	Initial phase: PE or AP	Interim testing	CBT + PE or AP	Post testing	6-m F-U	12-m F-U	
ENROLMENT:										
Eligibility screen	X									
Informed consent	X									
Allocation			X							
INTERVENTIONS:										
CBT + Physical Exercise (PE)										
CBT + Attention Placebo (AP)										
ASSESSMENTS:										
Interviews										
ADIS-IV (primary outcome measure)	X						X			
M.I.N.I. Interview	X									
Mini Mental State Examination	X									
Demography	X									
Questionnaires										
GAD-7	X	X		X	X	X	X	X	X	
Beck Anxiety Inventory		X			X		X	X	X	
PSWQ (primary outcome measure)		X			X		X	X	X	
Geriatric Anxiety Inventory		X			X		X	X	X	
Beck Depression Inventory - II		X			X		X	X	X	
Quality of life inventory		X			X		X	X	X	
Bergen Insomnia Scale		X			X		X	X	X	
Expectancy / Credibility scale		X					X		X	
IPAQ		X			X		X		X	
Objective measures										
Actigraph - 7 days		X					X		X	
Cortisol - 3 saliva samplers		X			X		X	X	X	
DNA - saliva sample		X								
HRV		X			X		X	X	X	
BDNF - blood sample		XX			XX		XX	XX	XX	
Ekbom-Bak Cycle test		X			X		X	X	X	
Five-Minute Pyramid Test		X					X	X	X	
Biering-Sørensen test		X					X	X	X	
Timed sit-to-stand test		X			X		X	X	X	
45° sit-up test		X			X		X	X	X	
Dumbbell arm press test		X					X	X	X	
Neuropsychological testing										
Vocabulary (WASI)		X					X		X	
Matrix Reasoning (WASI)		X					X		X	
Grooved Pegboard Test		X					X		X	
Coding (WAIS-IV)		X					X		X	
Numbers (WAIS-IV)		X					X		X	
Wisconsin Card Sorting Test		X					X		X	
D-KEFS (TMT, VF, CWIT)		X					X		X	
California Verbal Learning Test		X					X		X	
Subsample of 40 participants										
Magnetic resonance imaging		X					X		X	

Fig. 2: SPIRIT Figure. Schedule of enrolment, interventions and assessments.
 Abbreviations: W Week; M Month; F-U Follow-up
 Note. XX indicates blood sampling at two timepoints, before and after Ekbom-Bak Cycle test and 20 mins of moderate intensity physical exercise.

Fig. 2 (See legend on next page.)

(See figure on previous page.)

Fig. 2 Standard protocol items: recommendation for interventional trials (SPIRIT) figure. Schedule of enrolment, interventions and assessments. Overview of the measures applied in the study. CBT, cognitive behaviour therapy; ADIS-IV, Anxiety Disorders Interview Schedule for DSM-IV; M.I.N.I., Mini International Neuropsychiatric Interview; PSWQ, Penn State Worry Questionnaire; GAD-7, Generalized Anxiety Disorder 7-item scale; IPAQ, International Physical Activity Questionnaire; HRV, heart rate variability; BDNF, brain-derived neurotropic factor; WASI, Wechsler Abbreviated Scale of Intelligence; WAIS-IV, Wechsler Adult Intelligence Scale – Fourth Edition; D-KEFS, Delis–Kaplan Executive Function System; TMT, Trail-Making Test; VF, Verbal Fluency; CWIT, Color Word Interference Test