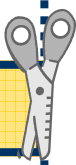


Update your contact details



**diamond Project**  
Department of  
General Practice  
University of  
Melbourne  
Reply Paid 65443

Phone: 03 8344 7846

If your address or phone number have changed, please fill in your new details below & return to us; or call us on (03) 8344 7846 with your new details.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone number: \_\_\_\_\_

**THANK YOU!**



The *diamond* team would like to

**THANK YOU**

for all the information, time and effort you  
have given to the *diamond* project

## Season's Greetings



Wishing you  
all the best  
for the  
festive season  
and the  
New Year!

From the *diamond* study team



**Diagnosis, Management & Outcomes of  
Depression in Primary Care**



THE UNIVERSITY OF  
MELBOURNE

## 2009 in Review

### Because things change over time: Longitudinal studies

The *diamond* study has now completed its fourth year and as a participant you may have completed up to eight surveys and five telephone interviews! You have been, and we wish you to continue to be, a part of what is called a “longitudinal study” which aims to gather information about people over time.

Longitudinal research relies on each participant’s long term commitment to the study, often for several years. This type of research is undertaken because many people’s health and wellbeing can change over time and longitudinal research can assist in understanding those changes. By only taking information from one point in time, researchers would find it difficult to understand such changes which can be significant to health research.

Completing both the survey and telephone interview is very important as this allows our researchers the best chance of gathering all relevant information. We appreciate it is not always possible for participants to complete both the survey and telephone interview at each time point. However, even if several telephone interviews or surveys are missed by a participant we still value their continued participation. Indeed, the ability of researchers to continue to gather information in the future is vital to the success of the study and its outcomes.

All participants are encouraged to call (03) 8344 7846 to record changes of details or circumstances.

### What if I don’t have/or previously had depression, depressive symptoms, stress or worries?

We still want to hear from you. Your experience and opinions are important to the research.

In this edition of the newsletter we have included an overview of the outcomes from the research to date. However, coming soon in 2010 further information relating to the *diamond* Study will be made available through our website which is currently under development: [www.diamond.unimelb.edu.au](http://www.diamond.unimelb.edu.au)

## Depression and Anxiety Help

### Your GP

<b>Beyondblue</b>	Ph: 1300 22 4636	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
<b>suiceline</b>	1300 651 251	
<b>anxietyonline</b>		<a href="http://www.anxietyonline.org.au">www.anxietyonline.org.au</a>
<b>Relationships Australia</b>	1300 364 277	
<b>Lifeline</b>	13 11 14	
<b>Women’s Domestic Violence Crisis Service of Victoria</b>	1800 015 188	
<b>Centre against Sexual Assault</b>	1800 806 292	
<b>Mensline</b>	1300 7899 78	
<b>Directline—Drug counseling &amp; Info</b>	1800 888 236	
<b>SANE Helpline</b>	1800 187 263	



Have you recently moved or changed phone numbers...?  
Please help us keep in touch by completing the form overleaf.