



THE UNIVERSITY OF
MELBOURNE

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

diamond

diamond Newsletter | DECEMBER 2012



diamond's 7th Year

The diamond research team would like to thank you all for your participation over the last 12-months.

We had a busy year with the inclusion of the genetics study in addition to the usual survey and telephone interview. Over 300 individuals participated in the genetics study. We are currently conducting analysis and look forward to providing a summary of the results in the next newsletter.

We have also been involved in

a successful grant application to establish a Centre of Research Excellence in 2013. It will utilise evidence-based mental health service planning data to influence mental health policies and services provided in Australia. Findings from the *diamond* study will be included in this research centre through the Service Systems research stream. I look forward to sharing with you the outcomes of this new research centre in the upcoming years.

On behalf of the *diamond* team

I would like to thank you all for your continuing time, effort and all the information that you have given to the *diamond* study so far. I wish you all a happy and safe break over the festive season and we look forward to speaking to you again in 2013 for the eighth year of follow-up.

Prof Jane Gunn

diamond Study Principle Investigator
and General Practitioner

A New Voice



A message from our consumer representative, Mr Ian Watts (LEFT) regarding his new position as Chair of the newly established Mental Health Consumer Group:

“ Not so long ago, I thought that my experiences with poor mental health defined me. They don't. Many Australians - teachers, electricians, students, and shearers amongst others, continue to contribute to our community, despite episodes of ill-health. Together with other people who have experienced mental health problems, I am working

on the launch of a new national voice for people who have experienced mental health problems. It is to be owned and run for and by people who have lived with mental health issues. The national group advising on its development is really diverse. It includes people who from rural and urban areas, people with a diverse range of diagnoses, people from different ethnicities, including an Aboriginal man and people from young to old. If you'd like to know about our work, you can log on to www.mhconsumer.org.au. If you'd like to contribute, you can register your interest. You can make a difference. ”

Ian Watts

diamond Project
General Practice and Primary Health Care Academic Centre
The University of Melbourne
Reply Paid 65443, Carlton VIC 3053
T: +61 3 8344 7449
W: www.diamond.unimelb.edu.au



PRIMARY CARE RESEARCH UNIT

Congratulations

We are excited to share with you news of our research students who have finished their studies over the past few months.

Patty Chondros has graduated with a Doctor of Philosophy. Patty's thesis investigated the design and analysis of clinical studies that test whether new health interventions are effective by randomly assigning groups of patients to new or standard treatments.

Sandra Davidson submitted her thesis in October 2012. Her thesis investigated how people's feelings about their social relationships and their level of social participation is related to recovery from depression. Sandra will now join the *diamond* study team focusing on analysing data and writing up research papers.

Tegan Usher completed her honours year with us and investigated the effectiveness of Bibliotherapy to treat depression. Tegan will continue her research studies next year with the *diamond* team looking at the use of self-help methods in treating depression in primary care.

We are also excited to announce that the *diamond* study coordinator, **Aves Middleton**, will become a research student next year. Aves will be investigating suicidal thinking in the *diamond* study to develop a service model to improve the management of suicidal behaviour in primary care.

Seasons Greetings

We would like to wish you all the best for the festive season and the New Year!

What is the Research Team currently working on?

The *diamond* study team investigators, researchers and students dedicated time in September to analyse data on resilience and depression; depression patterns over time; intimate partner violence and depression; smoking and depression; antidepressant use in the cohort; and recovery and depression. Two of these papers have been submitted to international journals and we will share the findings with you in 2013.

In January 2013, our paper ***Maps, Models and Narratives: The Ways People Talk About Depression*** will be published. It examines three ways of understanding depression experiences and found that the use of narrative by patients seemed to assist them when explaining what had happened, whereas maps and models seemed to help them understand why something had happened. We hope this paper will improve the way doctors listen to the ideas, concerns and expectations of their patients when discussing depression, stress and worries.



diamond Project

General Practice and Primary
Health Care Academic Centre

The University of Melbourne

Reply Paid 65443

Carlton VIC 3053

T: +61 3 8344 7449

HAVE YOU RECENTLY MOVED, CHANGED PHONE NUMBERS ... ?

If your address or phone number has changed, please fill in your new details below and return to us or call us on +61 3 8344 7449 with your new details.

Name: _____

Address: _____

Suburb: _____ Postcode: _____

Phone number: _____