

## With your help...

A message from the study leader:

The *diamond* project aims to further inform the government, health organisations and GPs about how they can best help people to stay emotionally well. I'd like to thank you for your continued support and involvement in the *diamond* study—the longest running study of its kind in primary care in Australia...



Professor Jane Gunn (*diamond* study Principal Investigator and General Practitioner)

### Spreading the word...

Professor Jane Gunn recently presented results from *diamond* that examined the links between somatic symptoms and depression at the ISAD 5th Biennial Conference in Vancouver. It is hoped these results will assist in devising appropriate primary care responses to depression.

Contact Us:

#### **diamond Project**

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## DIAMOND'S 5TH YEAR!

The *diamond* study has now entered into its fifth year and roll out to all participants of the next survey and telephone interview has begun.

The new 5-year *diamond* survey asks questions on your use of health services in the past year, including information about visits to general practitioners and other health care providers as well as health and emotional well-being, your quality of life, lifestyle and life events, community participation, social support and your relationships.

Some of the questions may seem familiar or repetitive, however, asking the same questions each year will allow the *diamond* research team to see how changes in emotional and physical health, relationships and life circumstances impact on overall wellbeing.

We have completed interviews with 144 participants so far this year and received 148 completed surveys!



### Diamond Research Interviewers

Carl Moller, Stu Hatton, Mel Charity, Kirsty Forsdike and Sophie Gascoigne-Cohen have been speaking with you over the telephone and collecting information in greater detail.

## *diamond* is interested in your story

*Even if you feel like your responses to our questions are always 'no', or that you are not experiencing depression, stress or worries, the information that you provide is still very important to us!*

THANK YOU FOR TAKING PART IN  
DIAMOND!





# Telling the *diamond* story...

## Introducing ...

In August 2009 and January 2010 we welcomed two new staff members to the *diamond*



Melanie Charity joined the *diamond* team in August last

year as a research assistant. She will have spoken with some of you over the telephone and she also manages the coding of your completed surveys. Melanie has several years experience working in



Hariz Halilovich joined the *diamond* team in January as a Research Fellow. He will be studying

*diamond* participants' stories of depression over time. He recently received his PhD and his research interests include memory, identity, trauma and depression. Hariz is looking forward to speaking with some of you over the next few months.

### What happens to your survey?

When we receive your survey we record the date of receipt .

The survey is 'coded' and data is entered and stored in an electronic database managed by our data manager, Konstancja Densley. Data is then put together for presentations, papers and discussions with policymakers, practitioners and researchers

The *diamond* study aims to tell the story of people who are or were experiencing depression, stress or worries.

The *diamond* team regularly presents preliminary results from the study to organisations such as beyondblue and to government departments such as the Victorian Department of Human Services. In these presentations we talk about how the participants in *diamond* have a range symptoms from feelings of stress and worry to mild or severe depression, the health services they seek, and other events that have occurred in the last year which may have impacted upon health and wellbeing.

### PhD student Sandra Davidson



Sandra is a member of the research team. Her role as a PhD student is to focus on investigating the relationship between social connectedness and depression over time.

Social connectedness is a term used to describe the number and type of

relationships an individual has with others.

It includes a range of relationships such as intimate ties with partners, children, parents and confidants, to social networks made up of other family, friends and associates, and to participation in broader community activities.

Sandra's research is progressing and a final report of her findings is due for completion in 2012.

## Your Story



A member of our research team, Dr Hariz Halilovich, is using the information obtained through the surveys and telephone interviews over the last five years to understand the persistence or change in depressive symptoms of *diamond* participants over time.

Hariz will be inviting a small number of participants to further tell their story about depression, stress or worries through a one-off face-to-face interview. It is hoped that participants with a diverse range of experiences will agree to talk with Hariz so that we can understand the richness of their different experiences over time. All participants are vital to the study and we are very appreciative of the time and effort participants have provided over the last five years. We look forward to hearing these more in-depth experiences, all of which will complement our existing data and go towards a greater understanding of depression.



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### Have you recently moved, changed phone numbers...?

If your address or phone number have changed, please fill in your new details below & return to us; or call us on (03) 8344 7449 with your new details.

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

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

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

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