Update your contact details

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
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

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**Depression and Anxiety Help**

*Your GP*

Beyondblue Ph: 1300 22 4636 www.beyondblue.org.au

suicidleline 1300 651 251

anxietyonline www.anxietyonline.org.au

Relationships Australia 1300 364 277

Lifeline 13 11 14

Women’s Domestic Violence Crisis 1800 015 188

Service of Victoria

Centre against Sexual Assault 1800 806 292

Mensline 1300 7899 78

Directline—Drug counseling & Info 1800 888 236

SANE Helpine 1800 187 263

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Have you recently moved or changed phone numbers...?