



*Seasons' Greetings*

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

From the diamond study team

**diamond**

Diagnosis, Management & Outcomes of Depression  
in Primary Care

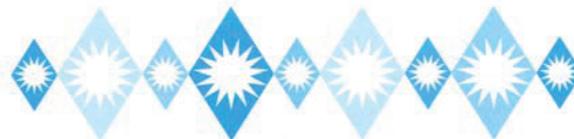
December 2010

*The diamond team would  
like to*

**THANKYOU**

*For your continuing time,  
effort and all the  
information you have given  
to the diamond project.*

**diamond**



Contact us:

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THE UNIVERSITY OF  
MELBOURNE

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# Introducing

In July 2010 and November 2010 we welcomed two new staff members to the *diamond* team.



Aves Middleton joined the *diamond* team in June this year as a Research Assistant. She is coordinating the day-to-day work of the study and may have spoken with some of you over the telephone. Aves has worked on a number of health related research projects over the past few years.

Jennifer Terpstra joined the *diamond* team in November from Vancouver, Canada where she's been finishing her PhD. Jennifer's training is in population health and her research interests include systems change and quality improvement. She will be working with the project as a research fellow in helping to translate the data into changes in the primary health care system.



## Breaking News— Further Funding Success

*With the diamond study coming to the completion of it's fifth year, we are excited to inform you that on the 12 November 2010, the Hon Mark Butler MP (Minister for Mental Health and Ageing) announced that we have been successful in receiving further funding for the diamond study for a further five years of follow up. We would like to thank you all for your continued involvement in diamond.*

In early November, The National Health & Medical Research Council (NHMRC) announced that they would continue to fund the diamond study for a further five years.

experiencing depression, stress or worries in the community, and to explore the factors which may help people to get better.

**We would like to thank you for your involvement and support over the last five years.**

This is really exciting news, as it will now make diamond one of the most detailed and largest studies of depression undertaken in general practice worldwide!

We will contact you in the new year when you are due to receive your next diamond survey and complete your telephone interview to invite you to continue your participation in the diamond study.

**This success is a recognition of your ongoing participation over the last five years and the importance of the information that you have provided.** Such information is vital to understanding how general practice and other health services can best support people



**The diamond team would like to THANK YOU again, for participating in the diamond project!**



### *Listening to your stories of depression and recovery: a reflexive vignette*

*Dr Hariz Halilovich*

Over the last few months, I have met and talked face-to-face with close to thirty *diamond* participants. I have travelled across regional and metropolitan areas of Victoria, visiting many places for the first time. Each place has offered something new and interesting. But, as anthropologists like to say, 'People make places, not geography'. So I gained a sense of these places and will remember them through the people I met in them.



Meeting new people, visiting a person's home for the first time, or receiving a visitor you don't know are situations that are always filled with a dose of nervousness and anticipation. Knowing that I shared these feelings with those I was to go to interview, I tried to defuse 'tensions' by personally calling each participant beforehand and discussing in detail the arrangements for the meeting. Initial contacts were reassuring; at least now we knew what we sounded like. In addition to the routine logistical items I had to think of—like organizing a car, collecting the right maps, a voice recorder, taking spare batteries—I made sure I was wearing the same hat as the one I had on in the photo in the last newsletter. They would know it was me when they saw my hat, I hoped. (I introduce one of my other hats in this issue!). But both the real and the metaphorical hats (of the researcher and the study participant) lost their importance once we met and began to talk. Whether on a remote farm, in an urban café or in the privacy of a suburban home, the generosity of my hosts and the depths of human connection we established were always very special. I felt, and continue to feel, deeply humbled and privileged for having had the opportunity to listen to the stories and, in the process of interviewing the participants, become a temporary co-traveler in the landscapes of their memories. Their narratives included many life events, experiences and people of significance to them. While many of my narrators acknowledged how important and cathartic it was for them to share their stories, I must admit how much I have been moved and inspired by these stories. The whole process of exploring and collecting narratives of depression and recovery has confirmed to me that it is of critical importance to research depression and mental health issues by directly talking to those affected, just as it is for other social issues. These feelings and the commitment to all of you are unanimously shared by the rest of the *diamond* team.

Personally and on behalf of the team, I want to sincerely thank all of you for your continuous participation in this important study and wish you a Merry Christmas and a Happy New Year!

### **Why do we ask the same questions?**

Most of the questions we ask you on a yearly basis come from surveys and patient interviews that other researchers have developed and have tried and tested amongst many other people. These are what we call 'validated instruments'. This means that we must ask questions exactly as they are worded in the order that they appear. Unfortunately, this is why some questions may appear the same with only slight differences in their wording. This is by no means to catch people out but to ensure that our data is of the highest quality and obtained through validated measures.