Over ten years ago we set out to better understand how general practice and other health services can best support people experiencing depression, stress or worries in our community. We also sought to explore the factors which may help people to lead healthy and rewarding lives. We established a primary care-based study and invited patients from 30 general practice clinics across Victoria to participate. The Diamond Study has since become a unique resource that documents many decades of health and well-being stories of nearly 800 Victorian women and men.

As the tenth year of data collection comes to a close, the research team would like to sincerely thank you for your participation in the study. The time and effort you committed to completing the postal surveys and telephone interviews is appreciated and has enriched our research. Information you provided over the years continues to lead to important advancements in understanding people’s experience with depression, stress and worries. In recognition that you have given so much to the study over the past we are committed to keeping you informed of future developments via our website. Please visit www.gp.unimelb.edu.au/diamond.
When people realised they had a problem with depression:

1. 3 in 10 tried to manage on their own (DIY).
2. 2 in 10 spoke to a GP.
3. 1 in 3 spoke to a family member or friend.
4. 2 in 3 expected/wanted talking with family members or friends about their new feelings.

People tried the following for depression, stress or worries:

- 6 in 10 spoke to a GP
- 1 in 5 spoke to a main person
- 3 in 10 tried exercise
- 4 in 10 changed their diet
- 7 in 10 talked to family and friends
- 1 in 3 visited educational and therapeutic websites
- 2 in 5 received a diagnosis of depression from a doctor or psychologist
- 2 in 5 people tried antidepressants for 3 months or over 10 years
- 2 in 4 spoke to a family member or friend
- 6 in 10 were employed or in education
- 2 in 5 live with a partner
- 1 in 2 live with their children or their partner's children
- 7 in 10 are women
- 3 in 10 completed a University Bachelor Degree or Higher
- 32% live in urban areas
- 24% live in regional areas
- 32% live in rural areas

Average age 48 years

How someone describes and explains depression may impact on their clinical treatment and the decisions they make about treatments. Treatment approaches need to target multiple areas for depression (e.g. social, environmental, work, stress, medications).

People saw the role of the GP as much more than prescribing antidepressants and referring. People wanted listening and understanding, support and reassurance and involvement in planning and treatment.


