Thank you for your participation in this study!

Diamond is one of a few studies in the world which follows up people who have experienced depression, stress or worries, over a three year period. The information from diamond will provide much needed information about emotional health outcomes in the long term.

Participants in diamond are from all over Victoria and were recruited to the study over a one year period. Since the diamond study began in January 2005, 790 people across Victoria have taken part. This includes 218 people who live in rural Victoria and 572 in metropolitan Melbourne.

So far this year, 202 people have been involved in a telephone interview and 194 people have completed a survey. Since January 2005 we have received 3529 surveys and conducted 1137 telephone interviews! In the beginning, surveys were sent every 3 months. NOW surveys and telephone interviews occur once a year.

New surveys and telephone interviews are happening now!

Diamond is interested in everyone’s view as everyone has a different experience of how lifestyle choices, relationships and physical and emotional health issues effect their wellbeing. Your continuation in this project is much appreciated!

Thank you for all the information you provide

Changing Address???
Please let us know if your contact details change
Either fill in your details below & send this form back to us using the reply paid address or call us with your details

Name: ________________________________
Address: ________________________________
Suburb: __________________ Postcode: __________________
Phone number: __________________

Phone: 03 8344 7449
The diamond survey...

Each day diamond surveys are sent out in the mail to diamond participants across Victoria.

Some of the questions we ask are about how you are feeling, if you have seen your doctor recently, your lifestyle choices, relationships and who you talk to when you are feeling down.

The participants in diamond are up to different stages of the project so some have just received their 24 month survey while others won't receive their 24 month survey for another couple of months. Everyone involved in diamond will end up doing the same thing but just at different times of the year. This makes it easier for the diamond research assistants and interviewers by not having to do 700 interviews and surveys at once!

What people are saying in diamond…

'I think the biggest thing is to say it how you feel. That's the beginning of getting on top of it. It's the hardest part but it's the most important part.'

What do you think depression is?

'Um - it's kind of like a big hole that you can't get out of ....nothing sort of has to happen for you to feel bad...its hard to explain, its just that you're that far down and you can't see the way up.'

What, if any, have been your main sources of information about depression?

'I find most of the information I have about depression [is from] other people who have depression. It's supposed to be 1 in 5 people that have depression but we have the 5 where I work.'

When you first realised you had an issue with depression, stress or worries, what was the first thing you decided to do about it?

'...I think it was reading something, and I thought, I can answer yes to most of these things and so I thought I should talk to my GP about it.'

Re-Organising Care for Depression and Related Disorders in the Australian Primary Health Care Setting— RE-ORDER

Over the past two and a half years, participants in the diamond study have contributed information to us about their experiences of depression, stress and worries. The knowledge gained from diamond has led to an expansion of the research — the re-order study.

The re-order study aims to fill some major gaps in our understanding by re-examining the way in which people experiencing depressive symptoms, stress or worries are cared for in the community.

Re-order has met with over 300 GPs, mental health practitioners (psychiatrists, psychologists) and state and federal policy makers about their views on how general practice and primary care should respond to the needs of people with symptoms of depression in the community. With your input through the diamond study we hope to use these findings to develop services for people experiencing depression, stress or worries that suit GPs, practice staff and patients.

THANK YOU!

For your continuing participation in the diamond project