

Diagnosis, Management & Outcomes of Depression in Primary Care

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.

Total Km Travelled by the diamond team to recruit for the study

4 5 5 0



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



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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

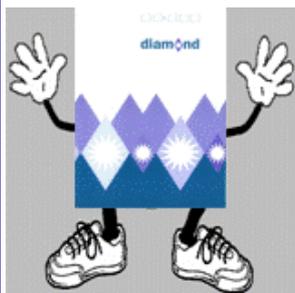
Name: _____

Address: _____

Suburb: _____ Postcode: _____

Phone number _____

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 - its 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 think 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

