



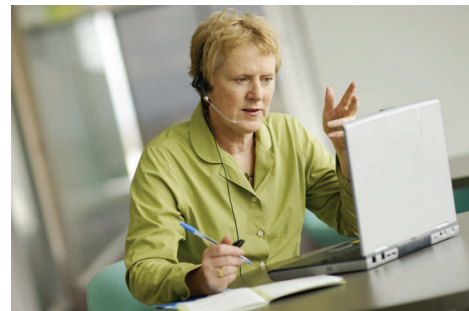
Diagnosis, Management & Outcomes of Depression in Primary Care

Thank you for your participation in this study!

The diamond Telephone Interview

Participation in diamond involves answering a lot of questions in surveys and in telephone interviews. These questions ask about a range of issues and while some were developed by the diamond project team, most of the questions are from various questionnaires and study scales to ensure that the results from diamond can be compared to other studies around the world. The telephone interview that is currently underway uses a number of scales with a major component of the interview being the Composite International Diagnostic Interview (CIDI) which was developed by the World Health Organization (WHO). The CIDI has been designed for use in a number of different cultures and languages and is used in a variety

of settings worldwide including research studies and for clinical purposes. For diamond to be able to use the results from the CIDI effectively, all the questions that appear on the computer screen during the interview need to be asked even though at times they may seem irrelevant to you and a little repetitive. The diamond team would like to take this opportunity to thank you for your patience, understanding and willingness to answer all these questions!



For more information please visit www.beyondblue.org.au or call the beyondblue info line 1300 22 4636



diamond Project
Department of General Practice
University of Melbourne
Reply Paid 65443
Carlton VIC 3050

Phone: 03 8344 7449



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

Name: _____

Address: _____

Suburb: _____ Postcode: _____

Phone number: _____

The *diamond* study RESOURCE card

All participants in the *diamond* study receive a RESOURCE card with their surveys. This card lists a number of organisations with their phone numbers for you to contact for professional advice about depression, stress or worries that you may be experiencing. Below is a brief outline of what these services do:

- **Your GP:** Please contact your GP if you need medical or psychological assistance.
- **Relationships Australia (VIC):** provides relationship support services including counselling, family dispute resolution & violence prevention services, gambler's help counselling, drought counselling, grandparents support group
- **Lifeline:** offers access to a range of national and local services that support mental health, wellbeing, help seeking and suicide prevention.
- **Suicide helpline Victoria:** Confidential telephone counselling, support and referral available 24 hours, 7 days a week, throughout Victoria for the cost of a local call.
- **Beyondblue infoline:** provides information about depression, anxiety and substance-use and can help you find a GP with expertise in the area of mental health and well-being
- **Women's Domestic Violence Crisis Service of VIC:** Is a 24 hour 7 days a week telephone service providing support information and accommodation for women and children fleeing domestic violence
- **Centre against Sexual Assault (CASA) Victim and survivors of sexual assault :** ensures that victims/survivors of sexual assault have access to support services and interventions
- **Mensline:** is a dedicated telephone service for men with relationship and family concerns
- **DirectLine—Drug Counselling & Information:** free, anonymous and confidential telephone service which provides 24 hours 7 day counselling, information and referral. You can talk to professional counsellors who are experienced in alcohol and drug-related matters.
- **SANE Mental Illness Helpline:** Provides information and advice 9-5 weekdays. Not a counselling service or crisis line
- **Vicfit Physical Activity Infoline:** offers personalised assistance to people wishing to develop or maintain more active lifestyles

If you would like another resource card
please call **03 8344 7449**

Your story is important to us...

Diamond is a study about how people experiencing depression, stress and worries are cared for in general practice. Even if you are not currently experiencing depression, stress or worries *your story is still important to us*. *Diamond* is interested in people who have recovered from periods of feeling depressed, stressed or worried and also in what people do to stay emotionally well. We interview and survey people of all ages, life experiences and circumstances which ensures that the results from *diamond* can be used to inform the government, health organisations and general practitioners about the best ways we can help people to be emotionally well.

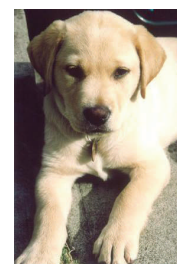
The people in diamond

Over **70%** are females

50% of the participants are between
35-54 years of age



1 out of **3**
participants live in
rural Victoria



2 out of **3** participants
have a pet

1 in **5** participants live alone

30 GPs across Victoria are involved in
diamond