

Diagnosis, Management & Outcomes of Depression in Primary Care

Thank you for taking part in *diamond*

The *diamond* study is now entering its **third** year of interviews & surveys.

The new 3-year *diamond* survey asks questions about your visits to GPs, your quality of life and your physical and emotional health. The survey also asks questions about your lifestyle and life events, your relationships, social activities and who you can count on for help or support.



Some of the questions may seem familiar or repetitive, however, asking the same questions each year will allow the *diamond* research team to see how changes in emotional and physical health, relationships and life circumstances impact on overall well-being.

The new telephone interviews are also underway and include questions

about your health service use and any medication you take for your emotional and physical well-being. The interview also includes the internationally used Composite International Diagnostic Interview (CIDI) which asks questions about depression and alcohol and drug use.

The *diamond* study has applied for funding to continue the project for a further two years. If we are successful we will let you know and invite you to continue your participation in the study.

diamond is interested in everyone's story. Even if you feel like your responses to our questions are always 'no', or that you are no longer experiencing depression, stress or worries, the information that you provide is still important to us!



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Update your contact details

If your address or phone number have changed, please fill in your new details below & return to us using the reply paid address provided (no stamp required); or call us with your new details

Name: _____

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Diamond study update

◆ Approximately 600 people are still participating in the *diamond* project

◆ 489 *diamond* participants completed a 2-year survey

◆ 505 *diamond* participants participated in a 2-year telephone interview

◆ Since January 2005, the *diamond* team have received 11,585 surveys!

◆ In total, the *diamond* study has conducted 1,890 telephone interviews!



Some results from the *diamond* study

Over 80% of the participants in *diamond* indicated that depression had been a problem for them in the past.

The top four things people in *diamond* say they do to help their depression stress or worries were:

- Exercising
- Talking to family or friends
- Taking antidepressants
- Counselling

One-third of participants saw a mental health specialist for help with their emotional well-being

Over 50% of the people in *diamond* report having a long term illness or disability.

Back problems were the most commonly reported physical health problem

Preliminary results from the *diamond* study have been presented at conferences (such as the World Psychiatric Association Congress in Melbourne last year); to groups of GPs; to *beyondblue* (the national depression initiative); to other research centres; and to government and policy makers. The *diamond* project aims to further inform the government, health organisations and GPs about how they can best help people to stay emotionally well.

THANK YOU!

For your continued participation in the *diamond* project

