

## *diamond* Newsletter | January to September 2015

## WELCOME ROXANNE

Having joined the team in June this year as a research support officer, Roxanne is overseeing the *diamond* telephone interviews. With a number of years' research experience working at the Cancer Council Victoria Roxanne interviewed participants over the phone and face-to-face, reviewed questionnaires, managed data entry and provided training and support to a diverse group of people. We welcome Roxanne to the *diamond* study team.



## A MESSAGE FROM THE STUDY LEADER



In 2002 when the ideas for the design of the *diamond* Study were coming together it was always my intention that the findings from this research would be translated into the real world. Over the years we have shared with you, through these newsletters, the many instances of how we have been working to do this. I was recently appointed to the **Mental Health Expert Reference Group**, a group comprised of a number of other leading mental health experts that will provide advice to the Federal Government's **Department of Health**. This group will inform Government response to the Review of Mental Health Programmes and Services in Australia. As both a General Practitioner (GP) and a researcher over many years I hope that this will be an opportunity to share my learnings about the role of primary care in responding to depression and helping people stay emotionally and physically well. I hope you enjoy reading about our latest achievements in this edition of the study newsletter.

**Prof. Jane Gunn (diamond Study Principal Investigator and General Practitioner)**

## Sharing our findings with the world

Dr Sandra Davidson attended the 44<sup>th</sup> Society for Academic Primary Care Conference at the University of Oxford, UK. Sandra delivered 3 presentations about the care people receive from their general practitioner/family doctor when experiencing symptoms of depression, stress or worry, what people find helpful and what impact this has on their health outcomes. Back home, Amy Coe, a researcher working closely with the *diamond* study team, presented at the 2015 **Primary Care Research Conference** in Adelaide. Amy showcased a new and innovative 'clinical prediction tool', developed from the *diamond* study findings. Designed to support doctors to more accurately tailor treatment for depression, stress and worry, this tool is about to be tested in the **Target-D Trial**. We look forward to bringing you updates in future



Above: Keble College, University of Oxford, UK

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PRIMARY CARE RESEARCH UNIT

# Congratulations

*We are excited to share with you news of our research students who have finished their studies over the past few months.*

**Tegan Usher**, a research Masters student working with the *diamond* study team, was interested in identifying the types of **books people with depression found helpful** to read. Thank you to those of you who participated in Tegan's online survey. Tegan has recently written her findings in a research thesis (report). In 2015, our team hosted a number of 3rd year University of Melbourne **medical students**. As part of a research term in the medical course, Scholarly Selective students **Erika Camara, Danielle Todd, Yu-Hsuan (Peter) Huang and Caitlin Webb** were able to further investigate some very important topics including: the links between physical and mental health, the role of social support in help seeking for symptoms of depression, the role of diet in managing depressive symptoms and the links between genetics and positive or negative life events. Congratulations to Caitlin for being awarded 'Best Poster Prize' for her research at the University of Melbourne MD Student Conference. **Dr Jonathan Epstein**, a GP researcher analysed *diamond* study data to look at whether taking **medication for depression, stress or worry** changes the way people think about the causes. Supervised by Professors Frances Griffiths and Jane Gunn Jonathan's findings will be published in the Journal of Philosophy, Psychiatry and Psychology and he will present results at the 7<sup>th</sup> International Conference on Philosophy, Psychiatry and Psychology in Chile October.

## FAST FACTS

*diamond* is now in its 10th year of follow-up

There are 453 participants currently active within the *diamond* study

159 follow-up surveys and 154 telephone interviews have been completed this year

We acknowledge the National Health and Medical Research Council (NHMRC) for their support over the past 10 years through the Project Grant funding scheme.

*The contents of the published material are solely the responsibility of the research team and do not reflect the views of the NHMRC.*

## DIAMOND GENETIC STUDY UPDATE

The *diamond* genetics study received **media attention** this month following the recent publication of an article reporting results in the British Journal of Psychiatry (Open). Dr Chad Bousman was interviewed by the **ABC Drive radio program, The Age, The Australian, and The Herald Sun**. You may have heard or read Chad's interview but if not:



Have a listen:

<http://goo.gl/kMt773>

Read the news article:

<http://goo.gl/teU1Gf>

## *diamond* Draw

A further 5 winners were each awarded a \$100 voucher in May this year. For conditions of entry please refer to the insert enclosed with your next *diamond* survey.

### HAVE YOU RECENTLY MOVED, CHANGED PHONE NUMBERS...?

If your address or phone number has changed, please fill in your new details below and return to us or call us on (03) 8344 7449 with your new details.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ POSTCODE: \_\_\_\_\_

Phone Number: \_\_\_\_\_