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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

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(W) \_\_\_\_\_

(M) \_\_\_\_\_

EMAIL: \_\_\_\_\_

### ***diamond* Project**

Department of General Practice  
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### How will the *diamond* study help others with depression, stress or worries?

The *diamond* study aims to tell the stories of people who are experiencing depression, stress or worries. By collating information from *diamond* participants we can share your experiences and stories, whilst protecting your confidentiality, as only summaries and de-identified data is used.

The *diamond* team regularly presents results from the study to organisations, such as *beyondblue*, and to the State Government. We have presented the range of symptoms that people in the *diamond* study experience, and how these can interfere with their working and personal lives. We share information that you have provided about health professionals; such as general practitioners, psychologists, psychiatrists and counsellors. In particular, we talk about the care that general practitioners have provided and discuss ways to make this even better. We use these presentations to inform decision makers about what you think about the current health care that you receive.

Our most recent presentation was to the combined conference of the Asia Pacific Region of the World Organization of Family Doctors (WONCA) and the Annual Conference of the Royal Australian College of General Practitioners, and explored the link between chronic physical conditions (such as back problems, asthma and diabetes) and emotional well-being.

For more information on study results and recent presentations please visit:

[www.diamond.unimelb.edu.au](http://www.diamond.unimelb.edu.au)

## Season's Greetings



Wishing you all the best for the festive season and the New Year!

From the *diamond* study team

**diamond**

**Diagnosis, Management & Outcomes of Depression in Primary Care**



Research funding provided by



Australian Government

National Health and Medical Research Council



THE UNIVERSITY OF MELBOURNE

## BREAKING NEWS!!!

In late October, The National Health & Medical Research Council (NHMRC) announced that they would continue to fund the *diamond* study for a further two years.

This is really exciting news, as it will now make *diamond* one of the most detailed studies of depression undertaken in general practice worldwide! This success is a recognition of the importance of the information that you have provided. Such information is vital to understanding how general practice and other health services can best support people experiencing depression, stress or worries in the community, and to understanding what helps people recover and/or stay well.

Your continuation in the *diamond* study will involve participating in a survey and a telephone interview each year for the next two years. We will contact you when you are due to receive your next *diamond* survey to invite you to continue your participation in the *diamond* study.

**The *diamond* team would like to  
THANK YOU again, for  
participating in the *diamond* project!**

## A message from Professor Jane Gunn

Dear participant,

The *diamond* project has been sending you surveys and conducting telephone interviews with you since 2005! Over 600 people are still actively participating. Thank you for your participation in this project and the incredible effort and time you have given to this study. To date, we have received 4188 surveys and conducted 2207 telephone interviews. The findings from the surveys and telephone interviews have been receiving international attention and the *diamond* team has presented these results at international conferences, to *beyondblue: the national depression initiative*, to the Victorian Department of Human Services and to GPs. Our aim is to improve mental health care for all Australians; especially the care they receive from general practice. You are helping us to do this and I thank you again for taking part.

Sincerely,



## *Diamond* Text Messages

We are trialling a new reminder system — If you have a mobile phone the *diamond* team can send you an SMS reminder the day before your scheduled interview.



The reminder will let you know your scheduled interview date and time. The SMS reminder will also provide a phone number for you to call (03 8344 3375) if something comes up and you can no longer make your scheduled interview time. We hope that you will find this new system helpful!

### Depression Help:

If you are currently experiencing depression, stress or worries and would like to receive professional help please contact the services below:

- Your GP
- Beyondblue: [www.beyondblue.org.au](http://www.beyondblue.org.au)
- beyondblue info line: 1300 22 4636
- Suicide helpline Australia: 1300 651 251
- Lifeline: 13 1114
- Relationships Australia: 1300 364 277