



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

**Building capacity in primary mental health care research and evaluation**



THE UNIVERSITY OF MELBOURNE

**DIAMOND 2 PROJECT UPDATE**

The *diamond* 2 project is well underway with the 24 month follow up surveys and the third participant telephone interviews (CATI 3) in process throughout 2007.

To date, we have received **194** 24 month surveys and **202** CATI 3 interviews have been conducted. The current survey asks the participant about their visits to GPs, people they receive emotional support from and also incorporates a number of different mental health measurement scales. The CATI 3 interview asks the participants questions about medication use for depression and emotional well-being and includes the Composite International Diagnostic Interview (CIDI) to enable the diagnoses of mental disorders.

Overall the response from the participants to our further funding and the continuation of the project has been

positive. A newsletter with information about the study will be sent to participants twice a year with the first one being sent in June 2007.

**What people are saying in *diamond*:**

What do you think depression is?

*Um - its kind of like a big hole that you can't get out of and...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 cant see the way up.*

Thinking about a times you have spoken to a GP about depression, what was good about this?

*I don't know, it's sort of helped me in the way I feel and just sharing with an outsider helps too.*

*I suppose you just felt better coming out of there ...it just felt like a mood lifter...*

**DATES FOR YOUR DIARY**

◆ **2007 WPA Congress**

**Melb 28 Nov- 2 Dec 2007**

[www.wpa2007melbourne.com](http://www.wpa2007melbourne.com)

Early bird Registration deadline **31 July 2007**

◆ **Professor Jane Gunn Dean's Lecture**

'Everyone's normal is different': the challenges of detecting and managing depression in general practice

**Tues 7 August, 6-7pm**

Sunderland Lecture Theatre  
Ground Floor, Medical Building  
Cnr Grattan St & Royal Parade  
The University of Melbourne

**RSVP 8344 9800**

**A/Prof Stephanie Brown at the MCRI**



Stephanie Brown is a Principal Research Fellow and Group Leader for the Healthy Mothers Healthy Families group at the *Murdoch Children's Research Institute* (MCRI). She is currently leading two large NHMRC funded studies: the Maternal Health Cohort Study and a population-based survey of recent mothers in Victoria and South Australia. Her research interests include the natural history of maternal physical and emotional health after childbirth and the role of obstetric risk factors in contributing to maternal morbidity, outcomes of early obstetric discharge, and assessment of women's views and experiences of different models of maternity care. She has a background in women's health policy and consumer advocacy, and worked for many years at La Trobe University's Mother & Child Health Research centre prior to moving to the MCRI earlier this year. In the

Maternal Health Study she is tracking the health and well-being of over 1500 women from early pregnancy to four years after the birth of their first child. The study is assessing a range of health issues including incontinence, sexual health, depression and intimate partner violence.

## **BOOK REVIEW**

by Prof Jane Gunn

### **Keeping the blues away — Dr Cate Howell**

**Keeping the blues away – a guide to reducing relapse of depression** has recently been published by diamond consortium member Dr Cate Howell from the University of Adelaide. The guide consists of a 237 page spiral bound workbook and a relaxation CD. Cate has drawn upon her extensive experience as a general practitioner and published research to develop a 10-step guide to reducing relapse of depression. The book is very accessible and has been designed for use as an adjunct to general practice or other primary mental health care. There is space to make notes, scribble, underline and complete tasks. The 'low tech' printing style of the workbook makes it something that both patient and GP would find easy to write in. The print is large font suiting differing visual acuities and appealing line drawings are found throughout. Cate has managed to cover all the important aspects of depression care and takes a biopsychosocial approach to management. I found Step 10 particularly helpful as it is a synthesis of steps 1-9 and is covered in just 14 pages. Lots of resources can be found in the back. I personally tested the relaxation CD and found it fantastic. Cate narrates a series of relaxation exercises that are easy to do and very well presented.

Cate....I wonder when the 'pocket-size' version might be available?

For further information on these resources contact Carolyn Black  
[cblack@anedgp.com.au](mailto:cblack@anedgp.com.au)

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## **PUBLIC LECTURE**

### **Prof David Pilgrim**

Clinical Dean of the Teaching Primary Care Trust,  
East Lancashire, UK

### **'The survival of psychiatric diagnoses'**

### **Prof Anne Rogers**

Professor of the Sociology of Health Care,  
National Primary Care & Development Centre,  
University of Manchester, UK

### **'Self-care and self-management'**

**Friday 20th July 11 am - 1:45 pm**

200 Berkeley St, Carlton 3053

RSVP 13th July

Darshini Ayton

[dayton@unimelb.edu.au](mailto:dayton@unimelb.edu.au) or 8344 7449

## **CONGRATULATIONS!**

### **Recent Publications**

- Ellen S, Selzer R, Norman T, **Blashki G**. Depression and anxiety: pharmacological treatment in general practice. *Aust Fam Physician* 2007 Apr;26(4):222-8
- Edelman S, **Blashki G**. Managing anxious patients: cognitive behaviour therapy in general practice. *Aust Fam Physician* 2007 Apr;36(4):212-4;217-20
- **Gilchrist G, Gunn J**. Observational studies of depression in primary care: what do we know? *BMC Fam Pract* 2007 May 11;8(1):28
- **Hutton CM, Gunn J**. Do longer consultations improve the management of psychological problems in general practice? A systematic literature review. *BMC Health Serv Res* 2007 May 17;7(1):71
- **Johnson C**. Managing mental health issues in general practice. *Aust Fam Physician* 2007 Apr; 36(4):202-204
- **Pierce D, Gunn J**. GPs' use of problem solving therapy for depression: a qualitative study of barriers to and enablers of evidence based care. *BMC Fam Pract* 2007 Apr 25;8:24
- **Pierce D, Gunn J**. Using problem solving therapy in general practice. *Aust Fam Physician* 2007 Apr 36(4): 230-233

## **Member profile - Dr Grant Blashki**



Dr Grant Blashki is a GP and Senior Research Fellow in the Department of General Practice University of Melbourne and Honorary Senior Lecturer at Kings College London. His research interests include primary mental health care, the health impacts of climate change and in 2007 he will be leading *knowledge transfer* activities in the Department of General Practice. Grant is the co-editor of a clinical book for GPs called **General Practice Psychiatry** and he has a number of research projects underway including the *beyondblue* funded SIM study which aims to reduce suicide risk in men who present to GPs, and the APHCRI funded APT study which is a systematic review exploring the most effective models of providing psychological treatments in primary care settings. Grant has recently been awarded a four year

PHCRED fellowship to focus on primary care psychological treatments, and during his first year he will be distilling the evidence from relevant research projects underway at the University of Melbourne to provide a synthesis for clinicians and policy makers.

**DO YOU HAVE ANY RESEARCH OR BEST PRACTICE YOU WANT TO SHARE WITH US?**

**Contact:** Darsh Ayton on +61 3 8344 7449 or e-mail [dayton@unimelb.edu.au](mailto:dayton@unimelb.edu.au)