



DEPARTMENT OF
GENERAL
PRACTICE



THE UNIVERSITY OF
MELBOURNE

diamond

Diagnosis, Management and Outcomes of Depression in Primary Care

This project is funded by the National Health and Medical Research Council and the Victorian Centre for Excellence in Depression and Related Disorders, an initiative between beyondblue and the State Government of Victoria



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The Diamond Team

Chief Investigators

A/Prof Jane Gunn
Prof Helen Herrman
Dr Kelsey Hegarty
Dr Grant Blashki
Prof Dimity Pond
A/Prof Mike Kyrios



Associate Investigators

Dr Lena Sancu
Prof Andre Tylee
Dr David Pierce
Ms Donna Southern
Ms Patty Chondros
Dr Jane Sims

Project Team

Ms Gail Gilchrist
Ms Maria Potiriadis
Ms Vanessa Madden
Ms Justine Diggins
Mr Tony Pinzone
Ms Belinda Clarke



Background

- Depression affects 750,000 Australians each year
- Most treatment for depression is provided by GPs
- Few longitudinal studies undertaken in primary care (varied approaches)
- Limited understanding of natural history of depression or what happens to patients with depression treated in general practice

Study Overview

GP based prospective
longitudinal cohort study of
patients with depression from 30
urban and rural Victorian
general practices



Study Design

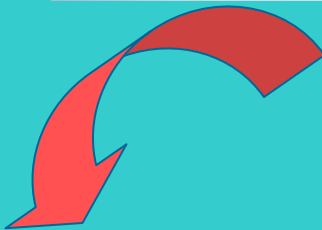
30 GPs recruited
(randomly selected)



18,000 patients
screened *(600 per GP)*



900 patients recruited
'probably depressed'



3 mth



6 mth



9 mth



12 mth



diamond will:

1. Map the pathways of care experienced by patients with depressive symptoms in primary care
2. Describe the relationship between health outcomes and
 - GP characteristics
 - patient characteristics
 - system factors
3. Describe the impact of phase and severity of depression and treatment factors on health outcomes
4. Investigate the facilitators and barriers to management and recovery of patients
5. Assess costs of managing depression in primary care

Study instruments

Patient Factors

- Depression (CES-D, PHQ, CIDI)
- Socio-demographic
- Health status (SF-12)
- Quality of life (WHOQOL BREF)
- Partner abuse (CAS)
- Co morbidity & substance abuse (FAST, CIDI)
- Social support, community participation and life events (Social Capital)

GP Factors

- Training,
- DAQ
- Collaboration & referral patterns
- Patient assessment (GPAQ, Trust in Physician Scale)

System Factors

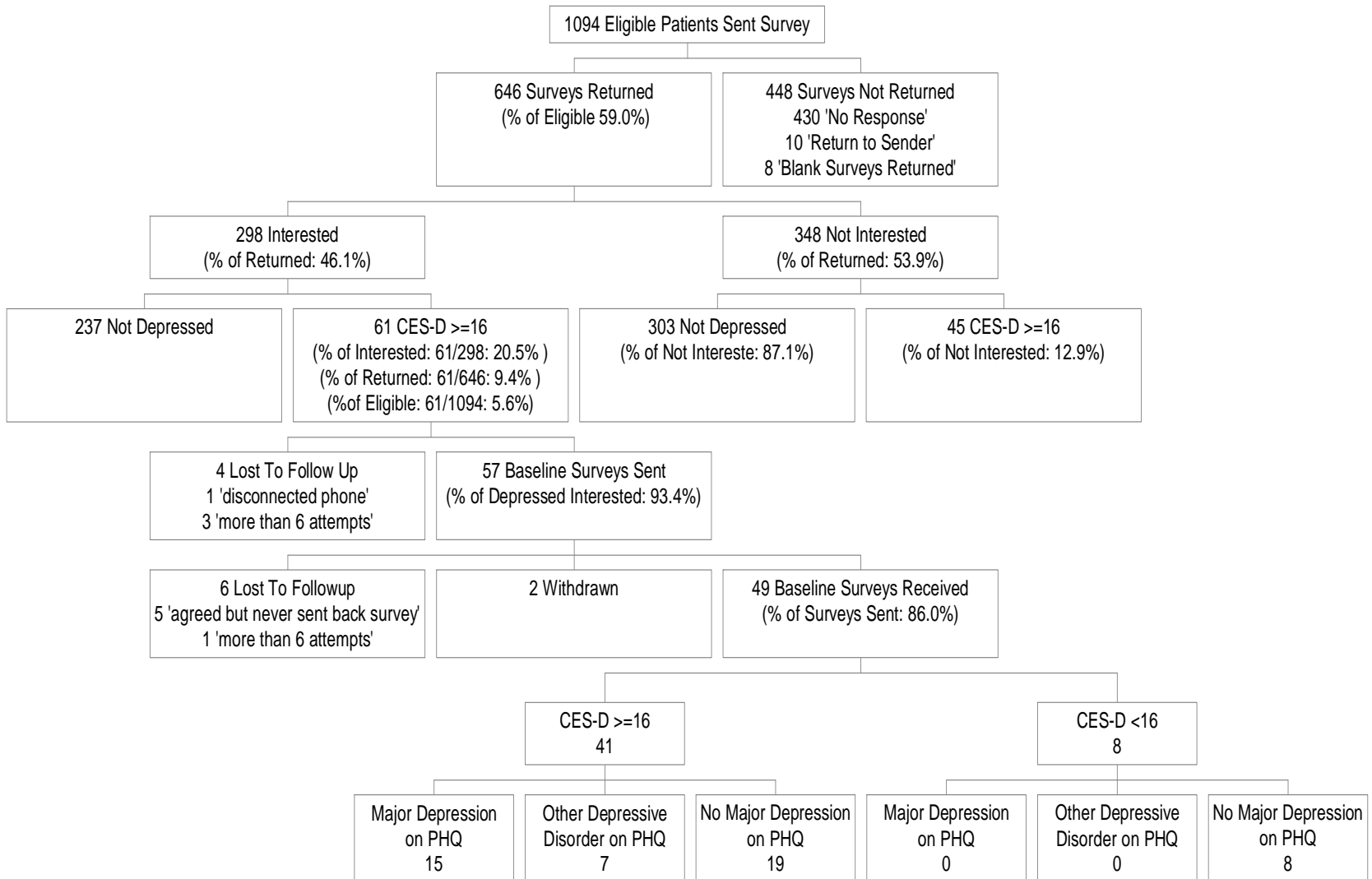
- Resources available
- Use of BOiMH items

Progress to date

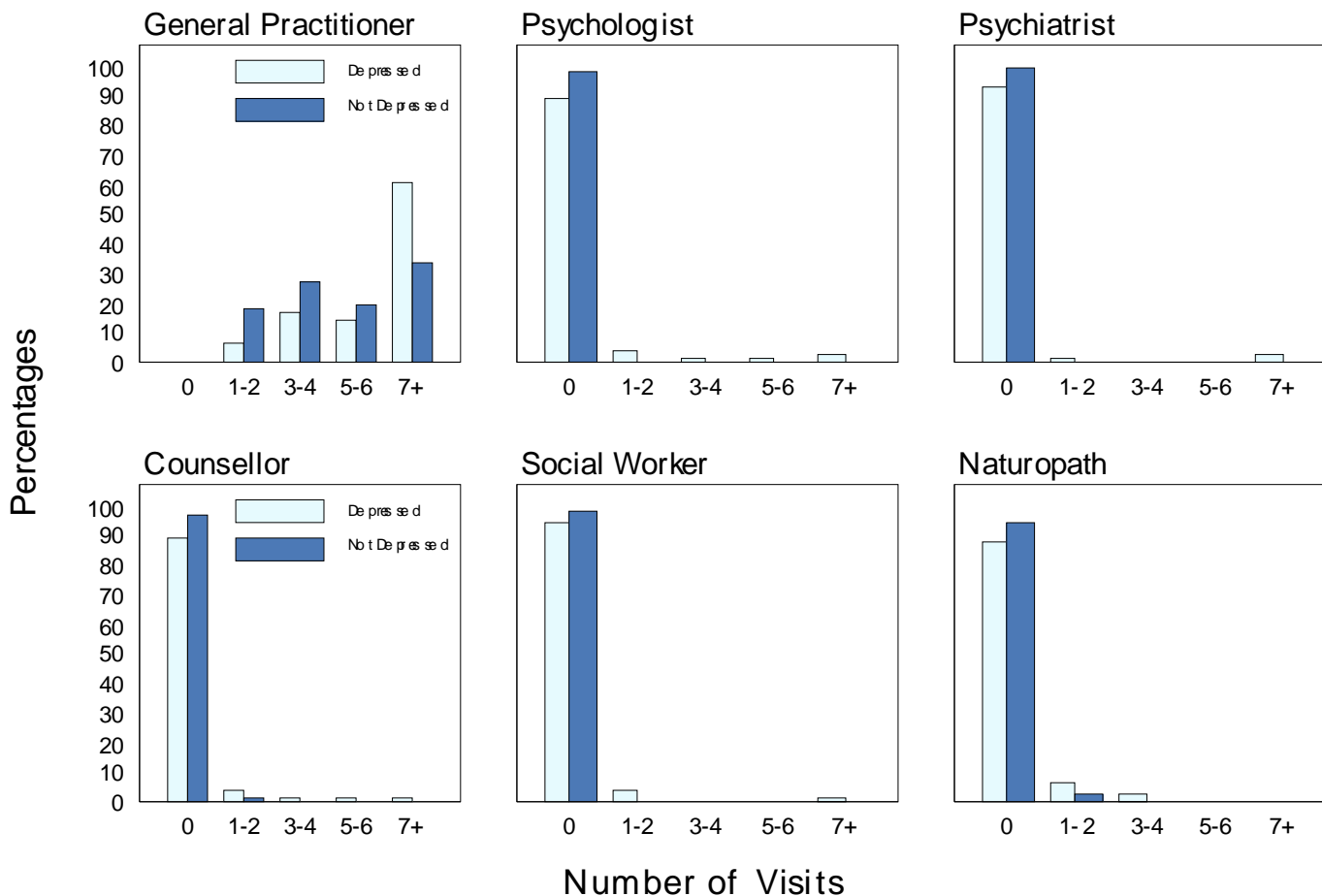
- Staff recruited
- Ethics approval
- Screening and Baseline surveys developed
- Databases developed
- Pilot in 2 Provincial practices
- Recruitment of 30 GPs for full-scale project underway



Participant Flow



Health Service use in past year





Interventions used in past year

Interventions	Responders who are Not Depressed (CESD <16)		Responders who are Probably Depressed (CESD >=16)	
	n	%	n	%
Anti-depressants	60	(12.6)	46	(43.8)
Counselling	32	(6.7)	27	(25.7)
St John's Wort	12	(2.5)	8	(7.6)
Sedatives (sleeping med)	27	(5.7)	20	(19.1)
Relaxation/meditation	81	(17.0)	33	(31.4)
Exercise	191	(40.0)	70	(66.7)
Acupuncture	8	(1.7)	5	(4.8)
Hypnosis	3	(0.6)	3	(2.9)

Preliminary pilot findings

- Recruiting via postal survey for a longitudinal study in Australian primary care is feasible
- Anticipated response rate of 50% was exceeded with only one postcard reminder
- 16% of the total respondents to the screening survey scored as 'probably depressed' on the CES-D
- 46% of patients who returned a screening survey were interested in participating in the one-year study and of these 20% scored CES-D =>16

Diamond cohort

- 86% of recruited cohort have completed baseline surveys and interviews
- 16% of those 'probably depressed' at screening were no longer 'probably depressed' 2 weeks later
- 37% (15/41) of cohort had major depression on PHQ

Management of depression

- Patients with probable depression receive most of their health care in general practice
- Very few patients with probable depression are receiving most of their care from mental health professionals
- Around half the patients with probable depression had used antidepressant medications in the past year
- Two thirds of patients with probable depression had used exercise for depression, stress or worries in past year



Conclusion

- Diamond is do-able
- Diamond will provide a comprehensive overview of what GPs actually do for patients experiencing depression
- Diamond consortium has been formed to ensure wide dissemination of methods, instruments and findings
- Visit www.diamond.unimelb.edu.au