

Testimonials

"GPs are the first port of call in times of crisis. With more attention and community awareness being placed on mental illnesses, GPs need to feel confident and supported that they can help those who need it."

PEP encourages GPs to embrace new knowledge and skills gathered from a diverse perspective, and to work in partnership to empower those they care for."

Ms Ingrid Ozols,
Consumer and Carer Advocate

"Incorporating cognitive and behavioural therapy into my clinical practice has greatly enhanced my confidence in providing more comprehensive management for my patients experiencing anxiety and depression. Using CBT has re-invigorated my enthusiasm for doing more for this group of patients."

We need high quality, GP-based research into this area, so that we can establish what really works in primary care, what the essence of this kind of counselling approach is when applied in the GP-setting and ultimately whether patient outcomes improve. I am thrilled to hear about PEP and will be watching its progress with keen interest."

Dr Caroline Johnson, GP

"GPs are the linch pin in the provision of psychiatric care in the Australian medical system. They see the patients first, make the diagnosis, offer the first treatments and refer the patient if necessary. The greater the range of treatments and skill in treatment provision that the GP can provide the more efficient the system becomes."

Dr David Monash, GP

Contacts

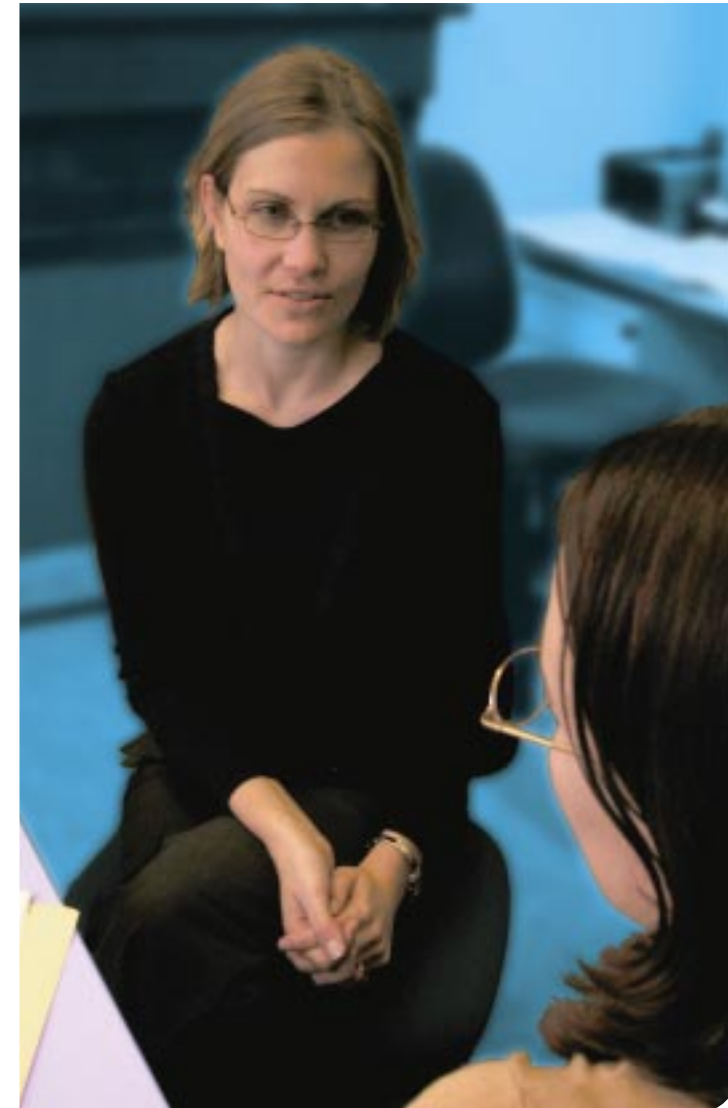
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PEP Partners



Why PEP?

General practitioners (GPs) are at the frontline in managing common mental illnesses, such as depression and anxiety, in the community. This is because GPs are seen as accessible and able to assess both the physical and psychological symptoms of people who present with a possible mental illness. GPs are also often perceived as a low stigma option for people seeking out professional assistance.

Objectives / Aims

The PEP study provides an opportunity to better understand which psychological interventions can be integrated into general practice, how best to train GPs, whether patients benefit in terms of objective clinical measures, how consumers and carers experience care provided by their GPs, and how GPs interact with mental health specialists and make appropriate referrals.

Advisory Group

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PEP 1 GP Training

The first PEP study is examining how best to train GPs in psychological strategies, in particular Cognitive Behavioural Therapy (CBT) approaches. GPs will be assessed before and after training, with questionnaire surveys, and videotaped simulated patients.

PEP 2 Patient Outcomes

The second PEP study examines the effects of GP training in CBT on clinical outcomes for their patients, including their recovery rates, reduction in disability and improvements in quality of life.

PEP 3 Consumer/Carer Experience

The third PEP study involves consumer and carer interviews to better understand how people experience more in-depth psychological care provided by their GP.