

Information and screening form (GP)

Has your client or patient had recurrent depression?

You may like to refer them to the Monash Health Mindfulness-Based Cognitive Therapy program for preventing depressive relapse

Mindfulness-Based Cognitive Therapy (MBCT) is a group-based approach to the prevention of depressive relapse and recurrence. It has been developed and successfully trialled in several countries over the past twenty years and increasingly widely used in the last decade. The purpose of the program is to help people who have experienced repeated episodes of depression in the past find new ways to deal with their moods and emotions, particularly to prevent low mood and negative thinking patterns from spiralling into depression.

Within Monash Mental Health and associated services, ten years of translational work with MBCT led by Professor Graham Meadows and funded by beyondblue and the NHMRC has demonstrated that locally trained clinicians can reduce rates of recurrence of major depressive disorder and nearly halve the time spent in depressive episodes through the two years following taking part in a course. MBCT works well alone or in combination with maintenance antidepressant medication.

Following this work, Monash Health is now operating an MBCT clinic under the continued leadership of Professor Meadows. While specific programs will be advertised as they run, referrals are accepted at any time. Eligible clients will be placed on a waiting list for the next available group.



SOUTHERN SYNERGY

What is involved for clients?

Initial session

Referrals to the program will have an initial assessment to help familiarise clients with the program and ensure its current suitability for them.

MBCT

MBCT integrates aspects of Cognitive Behaviour Therapy (CBT) with the instruction of mindfulness and involves groups of up to about 10 people attending one 2-hour class per week for 8 weeks. Much of the 'work' of the program is done at home between classes. This involves around an hour a day and includes listening to CDs with guided meditations as well as a range of other activities.

MBCT is meant as an addition to the current treatment regime of participants, not a replacement. Primary clinical care responsibility will remain with their existing treating team.

Follow up

For the purposes of quality assurance, all clients will be sent a questionnaire by mail three months after the group unless they choose to opt out of this process. Return address on this will be to Southern Synergy where results will be collated for regular reporting.

What are the eligibility criteria?

Inclusion criteria

- Aged 18-75 years
- Fluent in English
- Clear history of recurrent major depression and well-motivated to prevent further episodes
- Not currently depressed

Exclusion criteria

- Current psychotic symptoms
- Current borderline/antisocial personality disorder
- Current eating disorder or OCD
- Current drug/alcohol dependency
- Benzodiazepine dosage above 20mg diazepam equivalent/day
- Pervasive developmental delay
- Organic mental disorder



Professor Graham Meadows

What if my client or patient is currently depressed?

We can see and assess patients who are currently depressed then put referrals on a recall list. We then will get in touch with them after about 3 months and see if they are ready to take part in the group.

Where are the groups held and are there any costs?

The groups are held at Dandenong Hospital and they are free for Monash Health patients.

What's next?

If you have a client who you think is eligible and is interested in participating, then, with the client's consent, please fax a referral to (03) 9902 9900, addressing eligibility criteria and including any other relevant clinical information.

An inclusion criteria screening form provided may assist with screening for eligibility. Following receipt of the referral, an assessment appointment will be arranged with the course facilitator at Dandenong Hospital and we will advise you of the outcome of referral.

Inclusion criteria screening form

1. Are you between 18-75 years of age?

- Yes
- No



If "No" to Question 1 stop here: ineligible

2. Can you speak and read English fluently?

- Yes
- No



If "No" to Question 2 stop here: ineligible

3. In your lifetime, have you ever had 2 weeks or longer when nearly every day you felt sad, empty, or depressed for most of the day?

- Yes
- No

4. In your lifetime, have you ever had 2 weeks or longer when nearly every day you lost interest in most things like work, hobbies, and other things you usually enjoyed?

- Yes
- No



If "No" to Questions 3 and 4 stop here: ineligible

5. In your lifetime, have you had at least 3 different periods like this that lasted 2 weeks or more when you felt depressed / lost interest in things?

- Yes
- No



If "No" to Question 5 (< 3 episodes) stop here: ineligible

6. In between these periods of feeling depressed / having no interest in things, were you feeling OK for at least some of the time (so that you no longer felt depressed / had lost interest in things).

- Yes
- No



If "No" to Question 6 (has not felt ok for at least some of the time) stop here: ineligible. *(Note: Review current treatment for depression)*

Did the last period of feeling depressed / having no interest in things finish at least 2 weeks ago?

- Yes
- No



If "No" to Question 7 (last period of feeling depressed has not finished) stop here: ineligible. *(Note: Review current treatment for depression)*

This form is provided to assist the referring clinician screen client eligibility if required. Eligibility will be confirmed by the course facilitator in the initial assessment interview.