

More information

**For more information,
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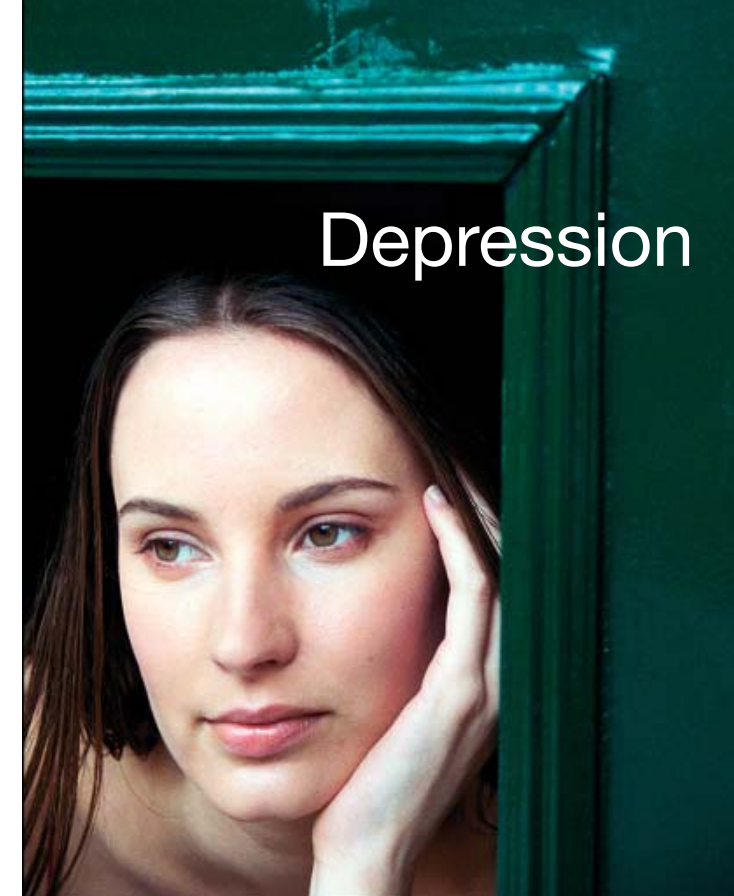
Your treating doctor or
healthcare professional
can download an information
and referral form from:

www.dare.org.au

Referrals to the project are being accepted
during 2008.

This project is funded by a Commonwealth
Government National Health and Medical Research
Council grant. Approval to conduct the project has
been granted by the governing Human Research
Ethics Committees.

Disclaimer: While the information provided in this brochure was correct at the time
of its publication, the faculty reserves the right to alter this information should the
need arise. September 2007



Depression

The DARE project

Depression Awareness Recovery Effectiveness

A treatment trial for people who
have had recurring depression

Information for participants

About the project

Some people who have had depression are likely to experience it again. This is called a relapse. If you have had three or more episodes of depression in your life you may like to consider taking part in this project. The purpose of this project is to find out whether depressive relapse can be prevented by comparing a new treatment called Mindfulness-Based Cognitive Therapy (MBCT) with usual treatment plus supported symptom monitoring.

Participation in this project is entirely voluntary. There is no direct cost to you.

What you will be asked to do

If you take part, you will be assessed and then randomly placed in one of two treatment groups (by chance, like tossing a coin). The two treatment groups are Depression Relapse Active Monitoring (DRAM) or Mindfulness-Based Cognitive Therapy (MBCT) + DRAM.

In either case your care will be enhanced and supported throughout the project. We will be monitoring your well-being regularly and communication with your treating doctor or healthcare professional is encouraged.

We would like you to complete further research assessments around four and eight weeks into the project then at three-monthly intervals for two years to see how you are getting on. With the exception of two annual face-to-face interviews, these assessments can be completed over the internet or mailed in.

More about the treatment groups

Mindfulness-Based Cognitive Therapy (MBCT)

This therapy aims to help people find new ways to deal with their moods and emotions. It includes reading, meditation, movement and tuning into thoughts and feelings and what is happening in the world around you. It involves groups of about six to ten people attending one two-hour session per week for eight weeks.

People in this group will be asked to assign their eligible Medicare benefit for bulk billing.

Depression Relapse Active Monitoring (DRAM)

DRAM trains participants in how to monitor their symptoms using a brief questionnaire. Over the 26 months of the project, participants are prompted monthly to self-monitor by contact from the researchers, via their preferred medium of SMS, telephone, internet or email. Participants reporting symptoms of depression are encouraged to seek appropriate assistance.

In both groups you will be free to visit any doctor or any healthcare professional as you see fit. **All information is treated as private and confidential.**

Remuneration

To acknowledge your contribution, you will be given a gift voucher to the value of \$20 following the three-monthly assessments, and a gift voucher to the value of \$50 following the face-to-face assessments.

Who are we looking for?

If you:

- are aged between 18 and 75 years;
- have had at least three separate episodes of depression;
- are currently well;
- are interested in taking part in this treatment trial,

then please take this brochure along to your treating doctor or healthcare professional to discuss. Your treating doctor or healthcare professional can refer you to the DARE project by downloading an information and referral form from www.dare.org.au. You can also contact the researchers directly using the details provided overleaf.