

# The DARE project

## Depression Awareness Recovery Effectiveness

Southern Health Adult Psychiatry Research, Training and Evaluation Centre

**Have you had three or more periods of depression but are currently well?**  
You may like to take part in a research project about whether future episodes of depression can be prevented.

Principal Researcher: Professor Graham Meadows

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 you may like to consider taking part in this project.

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

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.**

## About the treatments

### 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, feelings, moods 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 you see fit. All material is treated as private and confidential.**

This project is funded by a Commonwealth Government National Health and Medical Research Council grant.

We would like you to complete further research assessments at around four weeks 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 by mail.

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.

**If you are interested in participating, please discuss this flyer with your treating doctor or healthcare professional who can refer you to the project using a referral form from:**  
[www.dare.org.au](http://www.dare.org.au)

Referrals are being accepted during 2008.

### For more information please contact:

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