

Information and referral form

Has your patient had recurrent depression?

Southern Health Adult Psychiatry Research, Training and Evaluation Centre

You may like to refer them to a research project about preventing relapse

Chief Investigator: Professor Graham Meadows

The aim of this project is to examine whether depressive relapse can be prevented in people with recurrent depression by comparing mindfulness-based cognitive therapy (MBCT) with usual treatment + symptom monitoring.

Inclusion criteria:

- Aged 18-75 years
- Fluent in English
- At least 3 previous episodes of major depression
- Not currently depressed.

Exclusion criteria:

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



What is involved for patients?

Following an initial assessment, participants will be randomised to either Depression Relapse-Active Monitoring (DRAM) or Mindfulness-Based Cognitive Therapy (MBCT) + DRAM.

MBCT

MBCT is a group skills training program that combines meditation with aspects of cognitive therapy. The program teaches skills in disengagement from automatic negative thoughts. The program involves attending one 2-hour session per week for 8 weeks plus homework.

DRAM

DRAM trains patients to monitor their symptoms using the Patient Health Questionnaire (PHQ). Participants are prompted monthly to self-monitor by contact from researchers, via their preferred medium of SMS, telephone, internet or email. Participants reporting symptoms of depression are encouraged to contact their treating clinician with a copy of their PHQ.

Participants in both treatment groups will be free to visit any doctor or any health professional as they see fit.

Participants will be assessed at 3-monthly intervals for 2 years. With the exception of two annual face-to-face interviews, these assessments can be completed over the phone, internet or sent in by mail.

There will be no direct costs to participants. **Those allocated to MBCT will be asked to assign their eligible Medicare benefit for bulk billing.**

Participants will be given a \$20 gift voucher following 3-month assessments and a \$50 gift voucher following the annual assessments. At the end of the project, patients in DRAM alone will be offered MBCT.

If you have a patient with whom you have discussed this project and they are happy to be approached, please complete this form and fax to (03) 9554 1955. A research team member will then contact your patient, or your patient may like to contact us.

This project has ethics approval from Monash University and Southern Health and is financially supported by a National Health and Medical Research Council grant (No: 436897).

For more information please contact:

Dr Fran Shawyer
Project Manager

Telephone: (03) 9554 1588

Mobile: 0400 665 676

Fax: (03) 9554 1955

frances.shawyer@med.monash.edu.au

(Please see Inclusion Criteria Screening Form if required to help assess patient eligibility).

Patient's name	Patient's address	Patient's phone number
Referring doctor	Referring doctor's address	Referring doctor's ph number

Fax completed information & referral form to: (03) 9554 1955