

The DARE project

Depression Awareness Recovery Effectiveness

Information and referral form

Southern Health Adult Psychiatry Research, Training and Evaluation Centre

Has your client had recurrent depression?

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

Principal Researcher: 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 + supported symptom monitoring.

Inclusion criteria:

- aged 18 to 75 years
- fluent in English
- at least three previous episodes of depression
- not currently depressed

Exclusion criteria:

- current psychotic symptoms
- current borderline/antisocial personality disorder
- current significant eating disorder or OCD
- current drug/alcohol dependency
- more than 20mg diazepam equivalent/day
- pervasive developmental delay
- organic mental disorder

(Please see over for an inclusion criteria screening form if required to help assess client eligibility.)

What is involved for clients?

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

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

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 two-hour session per week for eight weeks plus homework.

DRAM

DRAM trains participants to monitor their symptoms using the Patient Health Questionnaire-9 (PHQ-9). 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-9.

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 three-monthly intervals for two years. With the exception of two annual face-to-face interviews, these assessments can be completed over the 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 three-monthly assessments and a \$50 gift voucher following the annual assessments. At the end of the project, participants in DRAM alone will be offered MBCT.

If you have a client who you think is eligible, who is interested in participating, and who is happy to be contacted by the DARE researchers, please complete this form and fax it to (03) 9554 1955. A member of the research team will then contact your client, or your client may like to contact us. Referrals to the project are being accepted during 2008.

This DARE project is funded by a National Health and Medical Research Council grant (No: 436897). Approval to conduct the project has been granted by the governing Human Research Ethics Committees.

For more information, please contact:

The Project Manager
Phone: (03) 9554 1585
Mobile: 0400 665 676
Fax: (03) 9554 1955
Email: dare@med.monash.edu.au
Website: www.dare.org.au



Client's name	Client's address	Client's phone number
Referring clinician's name	Referring clinician's address	Referring clinician's phone number

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

Inclusion criteria screening form

1. Are you between 18 and 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 two 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 two 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 three different periods like this that lasted two weeks or more when you felt depressed/lost interest in things?

- Yes
 No

If “No” to question 5 (ie less than three episodes), stop here: ineligible.

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

- Yes
 No

If “No” to question 6 (ie has not felt ok for at least some of the time), stop here: ineligible.

(Note: review current treatment for depression.)

7. Did the last period of feeling depressed or having no interest in things finish at least two weeks ago?

- Yes
 No

If “No” to question 7 (ie last period of feeling depressed has not finished), stop here: ineligible.

(Note: review current treatment for depression and reassess eligibility in six weeks.)

Eligibility will be confirmed by researchers in the initial assessment interview.