

Dare to work on recovery

Teresa Murphy

HAVE you suffered depression at least three times but are presently well? You may want to volunteer for a depression study at Frankston Hospital that looks at different approaches to managing the risk of relapse. Participants will receive gift vouchers as an incentive. Monash University's Dare (depression, awareness, recovery, effectiveness) project looks at two ways to manage relapse risk. The first approach is a new psychological treatment combining cognitive therapy and meditation, while the second involves active monitoring.

Participants must have had three or more depressive episodes but are presently well. Those randomly assigned to the cognitive therapy group will attend a two-hour weekly session for eight weeks.

Those in the monitoring group will watch their symptoms monthly over 26 months and respond to researchers via SMS, email or phone.

There will be further assessment every three months via email or mail over two years to gauge how participants are faring, as well as two annual face-to-face-interviews. Gift vouchers will be presented after each assessment and interview.

If depressive symptoms return during the study, participants are urged to seek immediate assistance.

Details: 9554 1585 or 0400 665 676, email dare@med.monash.edu.au or go to www.dare.org.au



Dare project investigator, Peninsula Health's associate professor Richard Newton.