

# IMPROVE

*Implementing work-related Mental health guidelines in general PRacticeE, a National Health and Medical Research Council (NHMRC) Partnership Trial*

## Summary

Work-related mental health conditions are on the rise. Some patients develop mental health conditions because of work stress or incidents at work, while in others, mental health conditions emerge following physical injury. This **NHMRC funded partnership trial** aims to increase the delivery of evidence-based care for patients who have mental health conditions that have arisen from work.

## Who is running the study?

The study is led by Professor Danielle Mazza, Head of Department of General Practice at Monash University, in partnership with University of Sydney and University of Queensland.

## Benefits for participating GPs

GPs will receive;

- \$800 GP payment
- 40 CPD points for participation in education
- \$500 payment to each participating clinic (one per practice)
- 1hr session online academic detailing with a GP expert in compensable injury
- Access to an online community of practice that has been created to assist GPs to implement the Clinical Guideline for the Diagnosis and Management of Work-related Mental Health Conditions in General Practice (intervention arm only)

**The amount of time you spend on this community of practice is completely up to you.**

## Benefits for your patients

We ask patients to complete a questionnaire every three months (4 in total). Patients are offered a \$25 gift card for each questionnaire as thanks for their time (\$100 max).

## Patient Eligibility

- 18 years and over with a confirmed or suspected work-related mental health condition. Patient may display symptoms of a primary mental health condition or symptoms of a secondary mental health condition eg. depression following a musculoskeletal work-related injury.
- Employed
- **Patients may participate whether or not they submit a claim for workers' compensation**

**To join this study, please scan the QR code or follow the link below (approx. 5mins). You may also register for a call back from a member of the research team if you would like further information**



**Phone:** 0428 044 655

**Email:** [improve.trial@monash.edu](mailto:improve.trial@monash.edu)

[Online GP Consent Form](#)

## Responsibilities and time commitment

**GPs are asked to:**

- Complete an online data collection activity at the start of the study and in 9 months time (20mins each)
- Recruit 14 patients (per practice) over a 9 month period with a diagnosed or suspected work-related mental health condition. This involves supplying eligible patients with a recruitment pack (supplied by the research team) to take home and read. There is no further follow up required by GPs or practice staff.

If randomised to the intervention arm:

- Participate in a 1hr online academic detailing session with a GP expert in compensable injury.
- Attend a 1hr webinar within the next 9 months

**Practice Managers are asked to:**

- Take delivery of supplied GP recruitment materials
- Facilitate contact between the research team and GPs
- Assist GPs to display recruitment materials in the practice for study promotion.

**Practice Managers will receive a \$50 gift card in acknowledgement of their time.**

## Privacy, confidentiality and data collection

The research team will analyse aggregated data and present these in the form of reports and publications. You will not be identified in any report from the study. You can ask for a copy of any report published by contacting the project team. This project has received ethics approval from the Monash University Human Research Ethics Committee (ID 20513).

Participants can choose to withdraw at any time.