



Improving Wellbeing among Primary Care Patients Project

Practice Information Summary

Who is the research team?

Prof Mariko Carey, Prof Rob Sanson-Fisher, Dr. Amy Waller, Prof Brian Kelly, A/Prof Frans Henskens, Mr Justin Walsh (University of Newcastle), Prof Nicholas Zwar (Bond University and University of New South Wales), Prof Danielle Mazza, Prof Graham Meadows, Prof Leon Piterman (Monash University).

Why is the research being done?

You are invited to participate in the research project “Improving wellbeing among primary care patients”. This project, funded by the National Health and Medical Research Council, will examine the effectiveness of an intervention designed to assist GPs to detect clinically significant symptoms of depression in their patients and provide patient-centred depression care.

What is involved for GPs?

Participating practices will be asked to recruit up to 83 adult patients in each practice. Practices will be randomly allocated to either the intervention or control group.

Consenting GPs from **intervention** practices will be asked to:

- Complete the RACGP endorsed Clinical e-Audit 184834 “Depression: Achieving remission, preventing relapse”. **Attracts 40 Category 1 CPD points**
- Complete a brief demographic survey. Time estimate **5-10 minutes**
- Complete a **15-minute** phone interview at the conclusion of the intervention.

Consenting GPs from **control** practices will be asked to:

- Complete a brief demographic survey **5-10 minutes**

What is involved for other practice staff?

At **each practice**, staff (e.g. receptionist or other staff member) will receive training in the recruitment process via a short online video, a recruitment manual and one-to-one tutorials with a member of the research team. **Time estimate 1-2 hours per staff member**. Booster training can be provided if needed. The receptionist or other staff member nominated by the practice will be responsible for recruitment of eligible patients to the trial. Only patients of consenting GPs will be recruited.

Are there payments for practices?

Practices will be reimbursed **\$250** for staff time spent undergoing training in recruitment procedures. Practices will also be reimbursed for staff time spent recruiting participants with **\$100 paid per eligible participant recruited to the trial (i.e. \$8300)**. The research team will monitor recruitment and provide regular updates to the practices about recruitment numbers. Practices will be notified as they approach their target of 83 recruited patients.

What is involved for patients?

Consenting patients will be asked to complete an iPad survey in the clinic while waiting to see their GP. **Time estimate 5-10 minutes**. Patients will also be asked to complete a pen-and-paper follow up survey by mail in 3, 6 and 12 months' time. **Time estimate 20 minutes each instance**.

What happens next?

Prof Nick Zwar will contact you within the next two weeks to see if you are potentially interested in participating and if so to provide more detailed information. If you do not want to be contacted please email nzwar@bond.edu.au or phone 5595 5499.