



Past research

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Aboriginal and Torres Strait Islander people

Improving social and emotional wellbeing for Aboriginal and Torres Strait Islander people

2018

This review considered the evidence base and intervention details for policies and programs available to improve social and emotional wellbeing for Aboriginal and Torres Strait Islander peoples.

A follow-up study of Indigenous suicide attempts and care in the Northern Territory

2016

Suicide and suicidal behaviour are major public health concerns in the Northern Territory and across Australia. The study aimed to identify risks of subsequent suicidal behaviour among Northern Territory residents admitted to hospital with diagnoses of suicidal ideation and/or intentional self-harm and to describe the association between patterns of health service usage and these outcomes in order to identify opportunities for improved preventive follow-up care.

Maambart Maam. My father.

2015

It is well documented that, in comparison to other Australians, Aboriginal and Torres Strait Islander people experience significantly higher rates of depression, social isolation, chronic health problems across all of the national health priority areas and social disadvantage. This project explored the mental health of Aboriginal male carers during the perinatal period, through an Aboriginal male lens.

Rising Spirits – A Community Resilience Project of the Aboriginal Health Council of South Australia

2015

The high mortality rate and disproportionate number of violent deaths in the Aboriginal population can leave communities in a continual state of bereavement. Aboriginal people experience high levels of psychological distress, sadness and lack of hope.

BEAT: Best practice in Early intervention Assessment and Treatment of depression and substance misuse

2014

This research aims to test the effectiveness of a brief, culturally adapted, psychological intervention to treat depression and co-morbid illness in remote Indigenous primary healthcare settings.

Localities Embracing and Accepting Diversity (LEAD Project) evaluation

2014

Beyond Blue is supporting the evaluation of the LEAD project, being conducted by VicHealth in two sites: the Shire of Whittlesea and the City of Greater Shepparton. The three-year research project aims to:

Stop. Think. Respect. (Phase two) campaign evaluation

2014

The evaluation determined the reach of the Stop. Think. Respect. (Phase two) campaign with the target audience (25-44 year old non-Indigenous people), message clarity, whether the message resulted in a behavioural or attitudinal change, effectiveness in increasing awareness of the link between discrimination and its impact on Aboriginal and Torres Strait Islander people, and cultural appropriateness.

Study of Environment on Aboriginal Resilience and Child Health (SEARCH)

2014

Quantitative evidence on the social and emotional wellbeing of Aboriginal children is limited, particularly for those living in urban areas.

The Family Business: Improving the understanding and treatment of post traumatic stress disorder among incarcerated Aboriginal and Torres Strait Islander women

2014

Aboriginal and Torres Strait Islander women are vastly over-represented in prisons and, compared to the community, suffer extraordinarily high rates of post traumatic stress disorder (PTSD).

Improving the delivery of health and wellbeing services to Indigenous youth in primary healthcare using a quality improvement approach

2013

Indigenous youth experience considerable health challenges, and particularly a high burden of mental illness, yet under-utilise health services and engage with healthcare at more chronic stages and for shorter periods in comparison to non-Indigenous youth.

Improving the wellbeing of Melbourne-based Aboriginal people with chronic disease and experiencing depression, anxiety or a related mental health disorder: A Wurundjeri community-driven initiative

2013

Chronic disease and mental health disorders are the greatest contributors to the life expectancy gap between Aboriginal and non-Aboriginal people.

Rites of Passage: A pilot study of an early intervention program for Aboriginal young people

2012

There is currently almost no evidence as to what works in improving Aboriginal child and adolescent mental health. The 'Rites of Passage' study set out to address this gap and pioneer the development of culturally appropriate intervention and support through an Aboriginal community-designed and led social and emotional wellbeing service.

Development of drug misuse first aid guidelines for Aboriginal and Torres Strait Islander people

2010

This project used the Delphi consensus method to develop guidelines for providing first aid to Aboriginal and Torres Strait Islander persons experiencing or developing problem drug use.

Evaluation of Indigenous Hip Hop projects

2010

Indigenous Hip Hop Projects (IHHP) is a team of hip hop and performing artists who work in Aboriginal communities around Australia. IHHP has worked with Beyond Blue to raise awareness among Indigenous communities, especially young people and young adults, about depression and anxiety, and to promote active, healthy lifestyles.

Development of alcohol misuse first aid guidelines for Indigenous Australians

2009

The project aimed to develop guidelines to provide culturally appropriate first aid for Aboriginal or Torres Strait Islander people who are experiencing or developing problem drinking.

Development of drug misuse first aid guidelines for Aboriginal and Torres Strait Islander people (new edition)

2009

This project used the Delphi consensus method to develop guidelines for providing first aid to Aboriginal and Torres Strait Islander persons experiencing or developing problem drug use.

Mibbinbah: Indigenous men's sheds/spaces pilot project

2009

The aim of the Indigenous Men, Health and Indigenous Men's Spaces program was to develop an understanding of what makes Indigenous men's spaces safe and healthy places and how this might benefit families and communities.

Development of depression first aid standards for Indigenous Australians

2008

Mental Health First Aid (MHFA) guidelines and courses teach members of the public to give early help to people developing a mental disorder and to help in mental health crisis situations, such as assisting someone who is suicidal.

Substance Using Mothers and depression – A Multi professional Intervention (SUMMIT)

2007

The SUMMIT pilot study aimed to build on the existing service framework in Melbourne by developing a collaborative, integrated, women-centered intervention for reducing depression (including postnatal depression) among maternal drug users, using triangulated data gathered from interviews with service providers and consumers, case studies, the views of an expert panel and a review of the literature.

Talk Out Loud/Save-a-Mate: Evaluation

2007

The Save-a-Mate program was developed by the Australian Red Cross in 1999 in response to growing concerns in the Australian community regarding the use and availability of alcohol and other drugs.

Aboriginal Mental Health Worker Program – Phase 1

2005

In 2001, the Top End Division of General Practice (TEDGP) was funded under the Australian Government's More Allied Health Services (MAHS) program to employ Aboriginal Mental Health Workers (AMHWs) to work alongside General Practitioners in five remote health centres. In 2002, Beyond Blue joined the Program to extend this to seven centres and to fund an external evaluation.

Aged care

Social isolation in older adults

2014

A growing challenge facing Australia is how to ensure the physical and mental health, and wellbeing of Australians as they age. Beyond Blue commissioned this research project to scope evidence-based recommendations for the 3+ million Australians over 65 years of age.

45 and Up Study

2013

This study is the largest collaborative research effort ever undertaken in the Australian health field. It is examining what contributes to the maintenance of health and wellbeing throughout later life. The study started in 2002 and will follow people over a number of decades.

No need to straighten up: Discrimination, depression, anxiety and older lesbian, gay, bisexual, transgender and intersex Australians

2012

This study was conducted in response to a growing body of research linking higher rates of depression, anxiety and related disorders among lesbian, gay, bisexual, transgender and intersex (LGBTI) Australians to their experiences of homophobic and transphobic discrimination.

Beyond Blue sought the perspectives of older LGBTI people to inform community education programs to challenge homophobia and transphobia.

A randomised, controlled, final stage evaluation of the Beyond Blue depression training program for professional carers

2009

The program was developed in response to previous findings that the recognition rate for late-life depression among aged care recipients is poor. Poor recognition is associated with a lack of formal training for carers in understanding and responding to depression in their clients.

Specialist mental health consultation in the treatment of depression in nursing home residents with dementia

2009

Findings of an earlier investigation indicated that many recipients of aged residential care experience severe depression. Despite the pressing need for treatment, mainstream aged care facilities appear to be ill-equipped to provide this service.

Recognising and screening for depression among older people living in residential care

2007

The prevalence of depression is much higher among elderly people living in aged care accommodation than it is amongst their peers living in the community.

Recognising and screening for depression among older people living in residential care

2006

Depression is a serious, widespread, yet treatable medical condition that affects the health and quality of life of older people living in residential care.

The Beyond Blue Training Program for Professional Carers in Recognising Late-Life Depression

2006

Late-life depression has become a major public health problem, leading to suffering among older people and burdening those who care for them. This serious but treatable medical condition results in substantial health care and social costs to the community.

The Feasibility of a GP-Led Screening Intervention for Depression among Nursing Home Residents

2005

The prevalence of depression is much higher among elderly people living in aged care accommodation than it is amongst their peers living in the community.

Alcohol and drugs

'Bridging the Gap': Enhancing help-seeking for depression, anxiety and substance misuse among young migrants from culturally and linguistically diverse (CALD) backgrounds by empowering family members to be facilitators of help-seeking

2014

The primary aims of Bridging the Gap are to identify the barriers and facilitators to professional help-seeking for anxiety, depression and substance misuse for young migrants and to develop and pilot an innovative educational program that promotes help-seeking for anxiety, depression and substance misuse by educating and empowering family members to facilitate access to help for young people within their community.

BEAT: Best practice in Early intervention Assessment and Treatment of depression and substance misuse

2014

This research aims to test the effectiveness of a brief, culturally adapted, psychological intervention to treat depression and co-morbid illness in remote Indigenous primary healthcare settings.

The ALICE study: Alcohol and lesbian/bisexual women – insights into culture and emotions

2013

Australian lesbian, bisexual and same-sex attracted women (sexual minority women), when compared with heterosexual women, are at higher risk of drinking harmful amounts of alcohol and of having depression or anxiety.

Workplace mental illness and substance use disorders in male-dominated industries: A systematic literature review

2012

A systematic literature review of primary research investigating the relationship between work and depression, anxiety and substance-use disorders in male dominated industries, undertaken by the National Centre for Education and Training on Addiction (NCETA) at Flinders University.

Deakin Family Options: A randomised controlled trial of enhanced cognitive therapy and family education for youth depression, anxiety and substance use

2011

This project builds on important previous clinical trials completed in 2010 with the support of Beyond Blue funding.

A clinical trial of family education and cognitive therapy for youth depression, anxiety and substance use (Deakin Family Options 1)

2010

The co-morbidity of anxiety and depression with substance abuse in young people represents a significant health problem that impacts on family, social and educational functioning.

Development of drug misuse first aid guidelines for Aboriginal and Torres Strait Islander people

2010

This project used the Delphi consensus method to develop guidelines for providing first aid to Aboriginal and Torres Strait Islander persons experiencing or developing problem drug use.

Determining the effectiveness of a new model of care for young people with co-occurring depression and substance misuse

2009

This study tested the effectiveness of a new model of care – Brief Cognitive Behavioural Skill (BCBS) intervention – for young people with co-occurring depression/anxiety and substance misuse.

Development of alcohol misuse first aid guidelines for Indigenous Australians

2009

The project aimed to develop guidelines to provide culturally appropriate first aid for Aboriginal or Torres Strait Islander people who are experiencing or developing problem drinking.

Development of drug misuse first aid guidelines for Aboriginal and Torres Strait Islander people (new edition)

2009

This project used the Delphi consensus method to develop guidelines for providing first aid to Aboriginal and Torres Strait Islander persons experiencing or developing problem drug use.

Helping smokers with a history of depression quit smoking safely: Depression and smoking cessation outcomes among clients of a tailored Quitline callback service

2009

Many clinicians and scientists believe that smoking cessation increases the risk of major depressive disorder, particularly among smokers with a history of depression. Victoria Quitline is the first in Australia to offer a treatment model for smokers with a history of depression.

Investigating the interaction between depression, tobacco and alcohol use in teenage Australians - can we identify a high risk group for poor outcome? A longitudinal study

2009

This project investigated the influence of sub-threshold depressive symptoms in combination with early onset substance use on the subsequent development of mental health problems in young people.

Evaluation of a best practice integrated intervention for regular methamphetamine users with co-morbid depression

2008

An estimated 73,000 Australians are dependent on methamphetamine. A particular challenge in treating users is the high level of psychiatric co-morbidity. The prevalence of mental health disorders among substance users in treatment is estimated to be around 70 per cent.

Health problems of patients with dual diagnosis: To what extent do these patients slip through the net?

2008

Individuals who experience depression/anxiety with concurrent substance use (referred to as high prevalence or HP dual diagnosis) are particularly vulnerable to falling through service system gaps in the healthcare system.

Substance Using Mothers and depression – A Multi professional Intervention (SUMMIT)

2007

The SUMMIT pilot study aimed to build on the existing service framework in Melbourne by developing a collaborative, integrated, women-centered intervention for reducing depression (including postnatal depression) among maternal drug users, using triangulated data gathered from interviews with service providers and consumers, case studies, the views of an expert panel and a review of the literature.

Exploring Melbourne's hidden epidemic: Medication overdose, depression and their management by first responders

2006

Currently, little is known about the treatment pathways and outcomes for people who survive non-fatal medication overdoses.

Screening for Co-Morbid Affective Disorder and Substance Abuse Disorder by General Practitioners

2006

The co-occurrence of symptoms of depression and substance abuse is associated with greater functional impairment and poorer prognosis than is generally seen among people with a single diagnosis.

Treatment for depression: A qualitative exploration of the experiences of alcohol and drug users

2006

This study aimed to identify common patterns of depression treatment among people who were receiving treatment for their alcohol and/or drug use. It also aimed to identify barriers to depression treatment and to look at how people managed their depression without professional help.

Developing Youth Alcohol and other Drug, Depression and Anxiety Services: The DYADS Project

2004

High rates of co-morbid affective and substance-use problems have been identified in substance-using adults seeking treatment; however less research has been conducted in younger populations.

Anxiety

Contact + Connect

2015

Contact & Connect: a smartphone based stigma reduction intervention for unemployed construction workers

Early intervention for anxiety disorders: A Delphi consensus study to find self-help messages suitable for population-wide promotion

2015

Anxiety is common in the Australian community and causes significant impairment in those affected. Treatment by mental health professionals is helpful when anxiety is severe, but may not be necessary for milder levels of anxiety.

Improving access to mental health services for young Australian males with anxiety problems

2015

Anxiety disorders are the most common mental health problems. Of those Australians with mental health disorders, adolescent males are the least likely to seek treatment.

Out of the Blue: Pete & Dale

2015

OUT OF THE BLUE is a digital project that uses a single online framework to create two websites aimed at two different communities that experience stigma associated with anxiety and/or depression – one for men living with HIV and another for men who have sex with other men but are also in heterosexual relationships (commonly known as ‘gay and married men’).

Tell Your Story

2015

“Tell Your Story” is the first digital intervention targeting self-stigma in refugees. The four-session web-based education program will feature video stories of refugee men speaking about their PTSD symptoms and positive help-seeking experiences in their own languages. Interactive activities will educate users about PTSD, and support them in developing personalised plans for seeking help.

The Ripple Effect

2015

The Ripple Effect is a digital intervention designed to unite males from Australia’s community of farming, aged 30-64, affected by suicide by providing a peer-supported environment where farmers can share their experiences, learn from each other and build knowledge and skills to assist them through their challenges.

Y Fronts

2015

The Y Fronts mobile application (and supporting social media platforms) will be built ‘by men for men’ in the region connecting them through the virtual communities they will co-design. Y Fronts is about connecting men in remote areas who work FIFO/DIDO with other men in similar circumstances and enhancing their conversations about mental wellbeing and experiences with stigma in a male driven, interactive and non-confronting manner.

The Family Business: Improving the understanding and treatment of post traumatic stress disorder among incarcerated Aboriginal and Torres Strait Islander women

2014

Aboriginal and Torres Strait Islander women are vastly over-represented in prisons and, compared to the community, suffer extraordinarily high rates of post traumatic stress disorder (PTSD).

The role of the media in encouraging men to seek help for depression or anxiety

2014

The media play a pivotal role in shaping community attitudes and knowledge about mental health and illness.

Community and population-based interventions to reduce stigma associated with depression, anxiety and suicide: a rapid review

2013

The aim of this review is to examine the evidence of effectiveness of community and population-based interventions to reduce stigma associated with depression, anxiety and suicide.

Revision of the Australian Guidelines for the Treatment of Adults with Acute Stress Disorder and Posttraumatic Stress Disorder

2013

This grant provides additional support to the Australian Centre for Posttraumatic Mental Health to update and revise the Australian Centre for Posttraumatic Mental Health Guidelines for the Treatment of Adults with Acute Stress Disorder (ASD) and Posttraumatic Stress Disorder (PTSD) to ensure they remain current and are based on the best available and most recent evidence.

Evaluation of Men's Health Resources

2012

As Beyond Blue moves forward, the need exists to evaluate Beyond Blue's suite of men's health information resources. The evaluation will inform Beyond Blue on the future development and delivery of resources, as well as provide a measure of the program's performance.

Men's Help Seeking Behaviour

2012

Beyond Blue is seeking to build on its knowledge about men's behaviours and the influences which may cause them to seek or not seek out information and help about depression and anxiety.

Work and depression/anxiety disorders – a systematic review of reviews

2012

A meta-review undertaken by the University of NSW to investigate the relationship between work and depression/anxiety disorders.

Workplace mental illness and substance use disorders in male-dominated industries: A systematic literature review

2012

A systematic literature review of primary research investigating the relationship between work and depression, anxiety and substance-use disorders in male dominated industries, undertaken by the National Centre for Education and Training on Addiction (NCETA) at Flinders University.

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2011

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A clinical trial of family education and cognitive therapy for youth depression, anxiety and substance use (Deakin Family Options 1)

2010

The co-morbidity of anxiety and depression with substance abuse in young people represents a significant health problem that impacts on family, social and educational functioning.

Update the National Depression Index and develop the National Anxiety Index

2010

The objectives of this project were to develop a National Depression Index and a National Anxiety Index to measure the depression and anxiety status of the Australian population, to compare data from recent surveys with that from previous surveys, and to compare relative risk of depression and anxiety between different population groups.

Effective management of school refusal and childhood anxiety as a community-based early intervention to prevent subsequent depression: A randomised comparative treatment study

2009

The aim was to investigate whether combined Cognitive Behaviour Therapy (CBT) and antidepressant medication treatment of young people who refuse to go to school (aged 11 to 15.5 years), particularly those with co-morbid depression, improved their response to treatment and longer term outcome.

Evaluation of an Internet-based therapy for panic disorder in general medical practice

2007

Panic disorder (PD) is one of the most common anxiety disorders seen in general practice, but provision of evidence-based cognitive behavioural treatment is rare. Many Australian GPs are now trained to deliver focused psychological strategies but in practice this is time-consuming and costly.

Models of collaboration between general practitioners and psychologists in the delivery of cognitive behavioural treatment for obsessive-compulsive disorder

2006

Obsessive Compulsive Disorder (OCD) occurs when people have ongoing unwanted/intrusive thoughts and fears that cause anxiety – often called obsessions. These obsessions make people feel they need to carry out certain rituals in order to feel less anxious and these are known as compulsions.

Developing Youth Alcohol and other Drug, Depression and Anxiety Services: The DYADS Project

2004

High rates of co-morbid affective and substance-use problems have been identified in substance-using adults seeking treatment; however less research has been conducted in younger populations.

The impact of living with anxiety – carers' perspectives

2002

Conducted by Beyond Blue: the national depression initiative and The Network for Carers of People with a Mental Illness, this research explored the experiences of carers of people with an anxiety disorder.

Children (1 to 12 years)

Summary of interventions to prevent adverse childhood experiences and reduce their negative impact on children's mental health

2020

This evidence review provide clinicians, policy makers, teachers, educators, health services and families with evidence-based information about the effectiveness of each intervention.

Depression and anxiety programs for children and young people

2018

This review considered the evidence base for a range of interventions available to children and adolescents that are aimed at preventing anxiety and depression symptoms and conditions.

Children's Resilience Research Project

2017

This research examines how resilience can be fostered in children aged 0-12 years, and has been translated into a practice guide for professionals who work with children, parents and families.

Chronic physical illness

RCT of ePACT: A flexible treatment for depression and anxiety in adults living with chronic spinal cord injury

2016

The aim of this study is to provide strong quantitative and qualitative evidence of the efficacy of the Electronic Personal Administration of Cognitive Therapy – ePACT – as a treatment of depression and anxiety in adults with chronic Spinal Cord Injury (SCI) living in the community.

A randomised, controlled trial of two psychological interventions for patients with late-life depression who have co-morbid physical problems

2015

Although there have been numerous trials of psychological interventions for patients with late-life depression, there continue to be major gaps in the literature. Few studies aim to treat depression in the context of ill health, despite the fact that many older adults have both depression and a chronic physical illness.

Can exercise ameliorate treatment toxicity during the initial phase of testosterone suppression in prostate cancer patients? Is this more effective than delayed rehabilitation and what is the time course and persistence of benefits?

2015

There has been a substantial increase in the use of temporary androgen suppression therapy (AST) as an adjuvant management of prostate cancer.

Evaluation of a web-based tool for estimating and explaining prognosis in advanced cancer

2015

Most people with advanced cancer want information about their expected survival time; however, many oncologists struggle to provide this information in a way that conveys meaning without destroying hope.

Ginkgo biloba preserves cognitive function in women treated with adjuvant chemotherapy for early breast cancer: A double-blind, placebo-controlled, randomised phase III trial

2015

Up to 70 per cent of breast cancer survivors report cognitive symptoms after chemotherapy and around 30 per cent have cognitive impairment on formal neuropsychological (NP) testing.

'ReCaPTure LiFe': A phase II randomised trial of a psychological intervention to support adolescent and young adult cancer survivors

2014

Cancer is 2.1 times more likely to be diagnosed in adolescents and young adults (AYAs) than during the first 15 years of life – and the incidence is growing. Cancer complicates a life stage where coping skills are in their infancy and this can seriously impact a young person's long-term quality of life (QoL).

Evaluation of a psychological and educational intervention for fear of cancer recurrence: A cluster randomised controlled trial

2014

In 2004 there were approximately 655,000 cancer survivors in Australia who had been diagnosed with cancer during the previous 23 years. Research has shown that fear of cancer recurrence (FCR) is an almost ubiquitous experience for cancer survivors.

Fulfilling the vision of youth-friendly cancer care: How well are we meeting the psychosocial needs of adolescent and young adult patients?

2014

Adolescent and young adult (AYA) cancer services are in the early stages of development, both across Australia, and internationally.

Integrated depression management: A trial of a new model of care in low vision

2014

The purpose of this project is to integrate depression management into Vision Australia services and evaluate the impact of this new model of care. The researchers anticipate that this new approach will lead to sustained improvements in clients' quality of life.

Meeting the education and support needs of women with breast cancer who are referred for radiotherapy: A multiple-baseline study

2014

Evidence-based recommendations report that 83 per cent of breast cancer patients should receive radiotherapy at some stage during their illness.

Mental health, resilience and sexual recovery among gay men with prostate cancer

2014

This study will be the first to-scale, in-depth account of gay men and prostate cancer anywhere in the world. It will provide a fine-grained account of their experiences, resilience and recovery of mental and sexual health to build an evidence base for future policy, program and resource development by medical and health services.

Phase 1 pilot of a mindfulness-based stress reduction intervention for head and neck cancer patients receiving treatment

2014

Head and neck cancer (HNC) patients undergo some of the most debilitating and disfiguring treatments among all cancers.

ProsCan for Life: A multimodal supportive care intervention for men with prostate cancer

2014

Prostate cancer is the most common cancer in Australian men. Side-effects including urinary, bowel and sexual dysfunction are common after treatment and persist over years, as do unmet supportive care needs.

The Melbourne depression in heart failure collaborative – medication trial

2014

In patients with damaged heart muscle (CHF patients), depression is common. It is more severe and doesn't improve as easily as in other groups of cardiac patients. Depressed mood is rarely screened for, let alone treated, in this group of patients.

SteppingUp... when arthritis or pain are getting you down: an implementation and utility trial of a web-based intervention for people with depression or anxiety and co-morbid musculoskeletal conditions

2013

Many internet based interventions have been tested in RCTs but have never been widely implemented. The research team aim to develop a program model that demonstrates implementability and utility within mainstream health services that offer self-management support to consumers with chronic disease.

Application of tailored psychosocial therapies to reduce distress and depression in cancer patients: A randomised trial

2013

The aim of this study is to evaluate the effectiveness of a systematically introduced psychosocial intervention in cancer services to reduce depression and anxiety.

Development and evaluation of an online psychological intervention for partners of men with prostate cancer

2013

This project targets partners of men who have been diagnosed with prostate cancer. As prostate cancer affects men who are usually over the age of 65, this project will target partners in this age range also – namely older people. The term 'partner' refers to any person who is in an intimate or marital relationship with the man who has been diagnosed with prostate cancer.

Improving the psychosocial health of people with cancer and their carers: A community-based approach

2013

Cancer is the leading cause of burden of disease in Australia, accounting for nearly one fifth of the total disease burden. The diagnosis and treatment of cancer is a major life stress that is followed by a range of well described psychological, social, physical and spiritual difficulties.

My road ahead: An online psychological support program for men with prostate cancer

2013

Cancer of the prostate (CaP) is the most common cancer diagnosis in Australia (excluding nonmelanocytic skin cancer), with more than 18,000 new cases diagnosed each year (AIHW, 2007).

Omega 3 fatty acids for symptoms of depression and cardiovascular disease

2013

Depression is a significant co-morbid condition which impacts adversely on the prognosis and management of cardiac disease.¹ Local studies²⁻⁴ confirm that depression is highly prevalent in people with cardiac disease and is associated with adverse outcomes.

Telephone cognitive behaviour therapy for people with chronic obstructive pulmonary disease

2013

This research projects aims to evaluate the effect of telephone-administered Cognitive Behaviour Therapy (CBT) on outcomes for clients with diagnosed chronic obstructive pulmonary disease (COPD) who are referred to outpatient pulmonary rehabilitation clinics and assessed as having at least mild to moderate levels of depression and/or anxiety.

The efficacy of the Nothing Ventured Nothing Gained online adolescent and parent mental health program for the prevention of depression, anxiety and other adverse mental health problems in rural adolescents with Type 1 diabetes

2013

Studies have shown that co-morbid depression and anxiety in adolescents with Type 1 Diabetes (T1 D) is associated with poorer adjustment and metabolic control, and more frequent hospitalisation.

Understanding the psychosocial sequelae of surviving testicular cancer

2013

This research will establish whether depression in testicular cancer survivors is correlated with demographic characteristics and cancer-related factors. Improved understanding of the correlates of depression will lead to better design, focus and timing of interventions, thereby providing data for future studies.

A longitudinal study of dietary risk factors for CVD (metabolic syndrome) and depression in adolescence

2012

The aims of this project are to investigate the complex relationships between the development of depression and cardiovascular disease (CVD) and determine the contributing effects of dietary intake.

A randomised control trial of a web-based intervention to improve depression, cognitive function and adherence in people with cardiovascular disease (CVD)

2012

The relationship between depression and cardiovascular disease (CVD) are complex with bidirectional pathways.¹ Depression has been shown to have a relatively strong association with the development of cardiovascular disease as indexed by fatal coronary heart disease or myocardial infarction.

A RCT of MoodCare: Managing co-morbid depression after acute coronary syndrome

2012

This project aimed to implement and evaluate the impact of a telephone-delivered counselling program (MoodCare) to improve mood, quality of life and lifestyle behaviours in depressed patients following a heart attack.

Cognitive existential couple therapy for men with early stage prostate cancer and their partners

2012

The aim of the project is to test the efficacy of the couple-focused intervention cognitive existential couple therapy (CECT) on the psychological and social adjustment of men with early stage prostate cancer and their partners.

Development and trial of tailored psycho-educational resources for individuals affected by melanoma

2012

Australia has the highest rate of melanoma in the world. Each year, more than 11,000 people are diagnosed with melanoma, costing the Australian community in excess of 30 million dollars and resulting in more than 1,850 deaths. Melanoma is also the most common cancer in young people aged 15 to 45 years.

Does regular Tai Chi practice improve depression and metabolic syndrome for depressed adults at risk of developing cardiovascular diseases?

2012

Tai Chi has been used for chronic disease management in traditional Chinese medicine for more than 2,000 years and it is also claimed as a mind-body movement therapy.

Farming Fit?: Depression and obesity in farm men and women

2012

Recent studies indicate that rural and regional Australians have a higher likelihood of suffering a mental disorder throughout their lifetime than people living in major cities (AIHW, 2010), although the reasons underlying this imbalance are yet to be well defined.

Psychological morbidity, unmet needs, quality of life and patterns of care in migrant cancer patients: The first year

2012

Culturally and linguistically diverse (CALD) people have been shown to have poorer cancer screening and mortality outcomes, and may have difficulties within the Australian health system due to language and knowledge barriers, differing beliefs, religion and social suffering.

Stepping up: When arthritis or pain gets you down – An innovative e-self-management support system for people with depression, anxiety and co-morbidities

2012

Historically, 'self-management' has been understood in terms of a specific set of behaviours and capacities, including certain healthy lifestyle behaviours, actively managing one's own relationship with health care providers, self-monitoring and initiation of contact with health service providers when necessary.

Uptake and outcomes of a referral pathway for people with vision impairment and depressive symptoms

2012

Depression is a debilitating and serious health concern in Australia and affects approximately one in three individuals with low vision¹. Compared to normally sighted individuals of a similar age, rates of depression are estimated to be at least double in older adults with low vision².

A nurse led psychosocial intervention with peer support to reduce psychosocial needs in women with gynaecological cancer

2011

Radiotherapy is a common treatment for gynaecological cancer (GC) and has many distressing side-effects, including diarrhoea, abdominal cramps, bladder dysfunction, menopause, infertility and sexual dysfunction, which impact on psychosocial functioning and intimate relationships.

An investigation of levels of psychological distress (depression and anxiety) and unmet needs amongst people diagnosed with head and neck cancer

2011

Head and neck cancer (HNC) patients undergo some of the most debilitating and disfiguring treatments among all cancers.

Blood cancer survivors and support persons: A national survey of rural/urban unmet needs and psychological disturbance

2011

With increased survival rates for cancer, increased longevity, and the ageing of the population in Australia, the number of cancer survivors is growing. Research attests to significant unmet needs and psychological disturbance, not only for cancer survivors but also their support persons.

Cognitive behaviour therapy for co-morbid chronic headache and depression

2011

Chronic headache is extremely common and can be very debilitating. This statement is true for both the major types of primary headache – migraine and tension-type headache. Chronic headache is associated with very high direct and indirect costs to society.

Evaluating the impact of a psychosocial intervention (Optimal Health Program) on anxiety, depression and quality of life for people with chronic kidney disease who are commencing dialysis: A pilot study

2011

Chronic kidney disease is a serious and growing health problem with an enormous impact on social and psychological functioning.

Is acculturation the nexus between chronic physical disease and depression and anxiety in a culturally and linguistically diverse (CALD) population?

2011

The prevalence of chronic medical conditions such as diabetes, chronic heart failure and chronic respiratory diseases is high, and is increasing in Australia and other Western countries. These chronic conditions have been found to be associated with increased rates of anxiety and depression.

The acceptability and effectiveness of a system-based approach to reducing CV risk, including depression and lifestyle risk factors, in rural and remote general practices: A randomised, controlled trial

2011

Cardiovascular disease (CVD) is associated with physiological factors and lifestyle behaviours such as smoking, inappropriate alcohol consumption, unhealthy diet and physical inactivity.

TrueBlue: A collaborative model of care for the management of type 2 diabetes mellitus (T2DM), coronary heart disease (CHD) and co-morbid depression

2011

Depression, diabetes and heart disease represent three of the leading disease burdens, with all three conditions identified as National Health Priority Areas. Coronary heart disease and diabetes frequently co-exist and the impact of depression on both has been shown to significantly worsen the conditions.

Development and pilot of ePACT: a psychological treatment of depression in people with spinal cord injury

2010

The availability of an online intervention may make it easier for people with spinal cord injury (SCI) to overcome problems of accessibility and stigma related to receiving psychological treatment for depression.

Evaluation of Heart Health Online: A program to assist GPs to manage depression and related illnesses in patients with coronary heart disease

2010

Heart disease remains one of the leading causes of death in older Australians. Whilst on its own heart disease can result in significant illness and impairment, when combined with depression, patients face an increased risk of death and a poorer overall prognosis (Bunker et al., 2003).

Experiences and needs of cardiac patients with depression in regional and rural Victoria: A qualitative study

2010

Previous research demonstrates that many patients with coronary heart disease (CHD) experience depressive symptoms during or after hospitalisation for an acute coronary event. Patients with depression tend to recover more slowly and have other complications after their cardiac event.

Improving Community Coordination, Access and Networks (I-CCaN): primary care for depression, anxiety and related disorders with co-morbid chronic physical illness

2010

The I-CCaAn project (Improving Community Coordination, Access and Networks) involved developing and trialling an innovative intervention in General Practice for the identification and care of previously undiagnosed depression and anxiety in patients with chronic physical illness.

Improving depression and anxiety screening of patients with heart disease: implementing a multidisciplinary clinical pathway

2010

This study aimed to improve depression and anxiety screening in people with coronary heart disease (CHD) using a ward-based clinical pathway.

Mindfulness interventions for men with prostate cancer and their partners

2010

This project piloted a mindfulness group intervention 'Living with Advanced Prostate Cancer' for men with advanced prostate cancer.

Motivational interviewing-based health coaching as an early intervention for the prevention of depression in Type II diabetes and cardiovascular disease in an Australian regional and rural population

2010

Seventy-five percent of Australians have at least one chronic illness: approximately 50 per cent of these will experience depression (AIHW, 2006).

Recognition of depression in patients with chronic obstructive pulmonary disease in Victoria

2010

The authors investigated depression and anxiety in a sample of clients with chronic obstructive pulmonary disease (COPD) attending pulmonary rehabilitation clinics and patient support groups in Victoria.

Toward the identification and minimisation of depression and psychological distress in family caregivers of people receiving palliative care

2010

This study assessed the mental health of family caregivers of palliative care patients in order to inform ways of maximising support for distressed caregivers. The project was conducted in two phases.

A Nurse-Assisted Screening and Referral Program for Depression among Survivors of Cancer: a Pilot Study

2009

Clinical levels of depression and anxiety are diagnosed in approximately one-third of patients with cancer. This pilot study linked survivors of colorectal cancer with an existing telephone information and support service for depression and anxiety.

Depression and CVD in a cohort of middle aged Australian women

2009

The relationship between cardiovascular disease (CVD) and depression is complex. Depression has been recognised as a common co-morbid condition with CVD and has been associated with poorer outcomes for patients with myocardial infarction, coronary artery bypass surgery and atherosclerosis.

Identifying Depression in people with vision impairment and developing pathways to care

2009

This project aimed to improve the identification of depression in people with vision impairment and to develop care pathways.

Improving Inter-Personal Communication as a means of Reducing Post-Stroke Depression in Patients Living in the Community

2009

Interpersonal communication is often impaired after a stroke. In particular, many people who have experienced a stroke find it hard to recognise and understand emotions in themselves and others.

Screening and Management of depression in cardiac settings: An examination of clinical practice and a National study of prevalence of screening for depression by cardiologists and their beliefs regarding screening and management

2009

Cardiovascular disease is the leading cause of death in Australia and imposes a substantial health and economic burden, which exceeds that for other diseases.

Type 1 diabetes as a risk factor for depression and other adverse outcomes for young people in rural Australia

2009

There is growing evidence to support strong links between Type 1 diabetes and poor psychological health, such as depression and anxiety. Preliminary evidence suggested that regional youth with Type 1 diabetes potentially face poorer mental health outcomes than their urban counterparts.

Depression as a predictor of long-term mortality and morbidity after heart attack

2008

Up to 20 per cent of people experience severe depression after acute myocardial infarction (AMI), and milder depressive symptoms are even more common. Despite the strong evidence of an association, a causal linkage between depression and AMI is less certain.

A pragmatic trial of a “stepped care” intervention for people with depression and cardiac failure

2007

Depression is common in people with chronic heart disease and is associated with poorer outcomes. Chronic disease combined with depression and/or social isolation requires complex interdisciplinary management systems involving primary, secondary and tertiary level care.

A preliminary investigation into the validity of techniques aimed at the therapeutic amelioration of post-stroke depression

2007

The incidence of post stroke depression (PSD) is approximately 25%. Psychological therapy studies for these patients have produced mixed, but largely negative results and demonstrate the difficulty of working with patients with limited emotional and cognitive resources.

Primary Care Evidence-Based Clinical Pathways for People with Co-Morbid Depression, Diabetes and Coronary Heart Disease

2007

Heart disease, diabetes, and depression represent three of the leading disease burdens in Australia with all three conditions being identified as National Health Priority Areas.

Regenerate: A strength-training program to enhance the physical and mental health of chronic post-stroke patients with depression

2007

People commonly experience depression following a stroke, with implications for prognosis and recovery.

Understanding Depression and Diabetes in a Multi-Cultural Context

2007

With improved life expectancy, and changes in diet and levels of physical activity, chronic diseases are increasing in prevalence; concurrently the incidence and prevalence of depression has also increased. These conditions are prevalent in Australia today, among older immigrants as well as Australian-born men and women.

Depression and musculoskeletal pain in primary care: an examination of practitioner, patient and socio-economic influences on detection & management

2006

Between 50% to 80% of people with depression initially come to their general practitioner (GP) with a physical symptom. These people are less likely to have their psychological condition detected and receive an accurate diagnosis of depression than those who report symptoms of depression. This is often seen in people with musculoskeletal pain.

Post Stroke Depression: Comprehensive GP shared care following stroke

2006

The occurrence of post-stroke depression (PSD) is receiving increasing research attention. The shared care process, in which the specialist and general practitioner take concurrent responsibility for the care of the patient, is an approach that has been successfully applied to a variety of chronic medical conditions.

The Whole Person Model: an investigation into the effectiveness of CBT Group on anxiety and depression

2006

People with chronic physical conditions often have a high prevalence of mental health disorders, which can increase morbidity and healthcare costs. However, there are barriers to integrating non-pharmacological, evidence-based treatment for co-morbid chronic physical and mental illnesses.

Depression

Better Out Than In

2015

An online campaign that reframes the conversation about men's depression from one of shame, stigma, and secrecy to one of courage, hope, and strength. AFL past players, AFL coaches, and construction workers share stories of their experience of depression, seeking help for depression, and recovery from depression.

Contact + Connect

2015

Contact & Connect: a smartphone based stigma reduction intervention for unemployed construction workers

Out of the Blue: Pete & Dale

2015

OUT OF THE BLUE is a digital project that uses a single online framework to create two websites aimed at two different communities that experience stigma associated with anxiety and/or depression – one for men living with HIV and another for men who have sex with other men but are also in heterosexual relationships (commonly known as 'gay and married men').

Tell Your Story

2015

"Tell Your Story" is the first digital intervention targeting self-stigma in refugees. The four-session web-based education program will feature video stories of refugee men speaking about their PTSD symptoms and positive help-seeking experiences in their own languages. Interactive activities will educate users about PTSD, and support them in developing personalised plans for seeking help.

The Ripple Effect

2015

The Ripple Effect is a digital intervention designed to unite males from Australia's community of farming, aged 30-64, affected by suicide by providing a peer-supported environment where farmers can share their experiences, learn from each other and build knowledge and skills to assist them through their challenges.

Y Fronts

2015

The Y Fronts mobile application (and supporting social media platforms) will be built 'by men for men' in the region connecting them through the virtual communities they will co-design. Y Fronts is about connecting men in remote areas who work FIFO/DIDO with other men in similar circumstances and enhancing their conversations about mental wellbeing and experiences with stigma in a male driven, interactive and non-confronting manner.

Men's experiences with suicidal behaviour and depression

2014

Suicide has a devastating impact on individuals, families and communities and the evidence suggests that most suicides are largely preventable. The aim of the project is to understand the experience of depression and suicide in men and what contributes to taking action, or not taking action, during a suicidal crisis.

Social isolation in older adults

2014

A growing challenge facing Australia is how to ensure the physical and mental health, and wellbeing of Australians as they age. Beyond Blue commissioned this research project to scope evidence-based recommendations for the 3+ million Australians over 65 years of age.

Community and population-based interventions to reduce stigma associated with depression, anxiety and suicide: a rapid review

2013

The aim of this review is to examine the evidence of effectiveness of community and population-based interventions to reduce stigma associated with depression, anxiety and suicide.

Evaluation of Men's Health Resources

2012

As Beyond Blue moves forward, the need exists to evaluate Beyond Blue's suite of men's health information resources. The evaluation will inform Beyond Blue on the future development and delivery of resources, as well as provide a measure of the program's performance.

Experiences of depression and recovery in Australia

2012

This website shares personal experiences of depression and recovery, providing a valuable resource to support people living with depression, their families, friends, health professionals involved in their care and policy makers.

Men's Help Seeking Behaviour

2012

Beyond Blue is seeking to build on its knowledge about men's behaviours and the influences which may cause them to seek or not seek out information and help about depression and anxiety.

Work and depression/anxiety disorders – a systematic review of reviews

2012

A meta-review undertaken by the University of NSW to investigate the relationship between work and depression/anxiety disorders.

Workplace mental illness and substance use disorders in male-dominated industries: A systematic literature review

2012

A systematic literature review of primary research investigating the relationship between work and depression, anxiety and substance-use disorders in male dominated industries, undertaken by the National Centre for Education and Training on Addiction (NCETA) at Flinders University.

What works for the treatment of depression in young people

2010

The project involved the development of a booklet, A guide to what works for depression in young people. The booklet covers medical, psychological, alternative and lifestyle treatments in relation to young people aged 14 to 25 years and reviews the scientific evidence for each treatment.

E-health

Music as a Canary

2016

A mobile application and research determining whether automatic monitoring of young people's music use, physical activity and social networking (via the mobile application) can predict change in depression risk.

RCT of ePACT: A flexible treatment for depression and anxiety in adults living with chronic spinal cord injury

2016

The aim of this study is to provide strong quantitative and qualitative evidence of the efficacy of the Electronic Personal Administration of Cognitive Therapy – ePACT – as a treatment of depression and anxiety in adults with chronic Spinal Cord Injury (SCI) living in the community.

Evaluation of a web-based tool for estimating and explaining prognosis in advanced cancer

2015

Most people with advanced cancer want information about their expected survival time; however, many oncologists struggle to provide this information in a way that conveys meaning without destroying hope.

Improving online therapy for mood disorders among lesbians and gay men

2015

This project aims to improve online therapy tools available to assist with mood disorders. The researchers will build on existing evidence around effective therapeutic approaches in gay and lesbian people, as well as producing the practical outcome of improving therapeutic approaches.

A randomised controlled trial of the efficacy of adjunctive internet- based CBTi in treating depression and anxiety in older men

2014

Men with symptoms of depression and anxiety, particularly in the oldest and youngest age groups, seek help far less than women for a given threshold or condition.

Web-based cognitive behavioural therapy for women with postnatal depression

2014

Through a successful international collaboration, the researchers have developed an interactive, web-based treatment targeted to women with postnatal depression (PND). The results from this study show that the fully developed online program, MumMoodBooster, is an effective treatment option for women with clinically diagnosed with PND.

SteppingUp... when arthritis or pain are getting you down: an implementation and utility trial of a web-based intervention for people with depression or anxiety and co-morbid musculoskeletal conditions

2013

Many internet based interventions have been tested in RCTs but have never been widely implemented. The research team aim to develop a program model that demonstrates implementability and utility within mainstream health services that offer self-management support to consumers with chronic disease.

Development and evaluation of an online psychological intervention for partners of men with prostate cancer

2013

This project targets partners of men who have been diagnosed with prostate cancer. As prostate cancer affects men who are usually over the age of 65, this project will target partners in this age range also – namely older people. The term ‘partner’ refers to any person who is in an intimate or marital relationship with the man who has been diagnosed with prostate cancer.

Development of an online interactive depression risk assessment and tailored preventive intervention for healthy young people at high genetic risk of depression or bipolar

2013

This study aims to develop the first online depression risk assessment and tailored psycho-education and CBT-based preventive intervention (The online Depression Intervention) tailored to individual risk factors of young people aged 18 to 24 with a high genetic risk for an affective disorder (major depressive disorder and/or bipolar disorder).

Evaluation of a tailored online same-sex attracted youth-focused trans-diagnostic mental health and wellbeing program ‘Out and online’

2013

This project resulted in the development of the Out & Online program, one of the first online interventions specifically designed to be relevant for same-sex attracted young people.

My road ahead: An online psychological support program for men with prostate cancer

2013

Cancer of the prostate (CaP) is the most common cancer diagnosis in Australia (excluding nonmelanocytic skin cancer), with more than 18,000 new cases diagnosed each year (AIHW, 2007).

Telephone cognitive behaviour therapy for people with chronic obstructive pulmonary disease

2013

This research projects aims to evaluate the effect of telephone-administered Cognitive Behaviour Therapy (CBT) on outcomes for clients with diagnosed chronic obstructive pulmonary disease (COPD) who are referred to outpatient pulmonary rehabilitation clinics and assessed as having at least mild to moderate levels of depression and/or anxiety.

Telephone-administered early psychological intervention for depression and anxiety following serious injury

2013

In Australia, more than 300,000 people are severely injured each year and require a hospital admission. The cost to the community in terms of human suffering and financial burden is considerable.

The efficacy of the Nothing Ventured Nothing Gained online adolescent and parent mental health program for the prevention of depression, anxiety and other adverse mental health problems in rural adolescents with Type 1 diabetes

2013

Studies have shown that co-morbid depression and anxiety in adolescents with Type 1 Diabetes (T1 D) is associated with poorer adjustment and metabolic control, and more frequent hospitalisation.

A randomised control trial of a web-based intervention to improve depression, cognitive function and adherence in people with cardiovascular disease (CVD)

2012

The relationship between depression and cardiovascular disease (CVD) are complex with bidirectional pathways.¹ Depression has been shown to have a relatively strong association with the development of cardiovascular disease as indexed by fatal coronary heart disease or myocardial infarction.

Chinese MoodGYM Project

2012

The Chinese MoodGYM Project is a three-way collaboration between the Australian National University, the Beijing Suicide Research and Prevention Center and Massachusetts General Hospital to produce a Simplified Chinese version of MoodGYM.

Stepping up: When arthritis or pain gets you down – An innovative e-self-management support system for people with depression, anxiety and co-morbidities

2012

Historically, 'self-management' has been understood in terms of a specific set of behaviours and capacities, including certain healthy lifestyle behaviours, actively managing one's own relationship with health care providers, self-monitoring and initiation of contact with health service providers when necessary.

New parents' views about the prevention of postnatal depression and anxiety with a new internet resource

2011

'What Were We Thinking' (WWWT) is a structured, evidence-based psycho-educational program addressing two modifiable risks for perinatal mental health problems in women; management of unsettled infant behaviour and renegotiation of roles and needs in the intimate partnership.

Development and pilot of ePACT: a psychological treatment of depression in people with spinal cord injury

2010

The availability of an online intervention may make it easier for people with spinal cord injury (SCI) to overcome problems of accessibility and stigma related to receiving psychological treatment for depression.

Improving the engagement detection and management of adolescent depression: Applying the mobile-type program to general practice settings

2009

The Mobile Tracking Young People's Experiences (mobiletype) program was developed to assist with the monitoring, treatment and management of mental health for young people aged 14 to 24 years.

CyberPsychiatry – Tertiary Self-Help Follow-up Study for Depression and Related Problems

2008

The prevalence of mental health disorders in the overall Australian population is highest (27 per cent) in young adults aged 18 to 24 years, yet only four in ten people with diagnosable behavioural or mental disorders seek help from a health professional.

e-couch – a tailored internet-based cognitive behaviour therapy and information program

2008

e-couch is an interactive, online, self-help program with modules for depression, generalised anxiety and worry, social anxiety, relationship breakdown, and loss and grief.

Multicultural Information on Depression online (MIDonline): Development of an IT resource to improve depression literacy and assist in pathways to mental health care for people of CALD backgrounds

2008

At the commencement of this study, there were no internet-based information sources specific to depression, to support people of culturally and linguistically diverse (CALD) backgrounds in Australia.

Evaluation of an Internet-based therapy for panic disorder in general medical practice

2007

Panic disorder (PD) is one of the most common anxiety disorders seen in general practice, but provision of evidence-based cognitive behavioural treatment is rare. Many Australian GPs are now trained to deliver focused psychological strategies but in practice this is time-consuming and costly.

Improving the engagement, detection and management of adolescent depression: Applying the mobiletype program to general practice settings

2007

The aim of this project was to adapt the mobiletype program, IT systems and website interface for use in the primary care setting, the setting where young people with early mental health problems are most likely to present.

MoodSwings: An online intervention for bipolar affective disorder

2007

MoodSwings is an online intervention for bipolar disorder (www.moodswings.net.au) based on the Moodswings and Bipolar Therapy Group Project (MAPS). A series of sequential modules covers a range of psychological strategies for managing bipolar disorder in conjunction with medication.

Rural carers online: A feasibility study

2006

This project was a small-scale study examining the feasibility of undertaking a larger randomised controlled trial of a computer intervention, which aimed to reduce social isolation and depression amongst older carers.

Forums

Networks of advocacy and influence: Peer mentors in Beyond Blue's mental health forums

2017

In-depth interviews with 10 "Community Champions", volunteers on the forums who primarily post in support of others, conducted in 2017; coupled with a qualitative and quantitative analysis of thousands of posts made on the forums over a six-month period between December 2016 and May 2017. This project "drew out the processes through which key intermediaries ... are able to provide effective networks of support"

Online forums user research

2017

A total of 3,385 registered forum users completed a 20-minute online survey about their forum experiences in three annual waves between 2015 and 2017. This enabled Beyond Blue to gather detailed member feedback for optimising the content, structure and functionality of the forums and to track improvements over time.

Turning to online peer forums for suicide and self-harm support "It does help having you guys"

2017

Quantitative and qualitative thematic analysis of 1,832 posts to the Suicidal Thoughts and Self-Harm sub-forum made between June and July 2017. This project specifically examined benefits and barriers to forum usage for members at times of serious mental health crises.

Grief/loss

Rising Spirits – A Community Resilience Project of the Aboriginal Health Council of South Australia

2015

The high mortality rate and disproportionate number of violent deaths in the Aboriginal population can leave communities in a continual state of bereavement. Aboriginal people experience high levels of psychological distress, sadness and lack of hope.

Health professionals

Children's Resilience Research Project

2017

This research examines how resilience can be fostered in children aged 0-12 years, and has been translated into a practice guide for professionals who work with children, parents and families.

Mixed methods investigation of anxiety and depression, contributing factors and health services provided to manage it amongst older adults discharged from hospital

2016

From a health service provision perspective, the team anticipate finding that the issue of depression amongst older adults who have recently had an extended period of hospitalisation is under-recognised and poorly managed at present.

Identification and analysis of health service and pathways to health services contact amongst persons who suicided in Victoria, 2009-2010

2015

This report examined all suspected suicides reported to the Coroners Court of Victoria in 2009 and 2010, to identify the types of contacts that people had with Victorian health services in the lead-up to their deaths.

Improving access to mental health services for young Australian males with anxiety problems

2015

Anxiety disorders are the most common mental health problems. Of those Australians with mental health disorders, adolescent males are the least likely to seek treatment.

Improving mental health for older LGBTI Australians

2015

Higher rates of depression and/or anxiety have been observed in older lesbian, gay, bisexual, transgender and intersex people, compared to the broader community. A key project outcome is the development of an awareness-raising education resource for providers of mental health services and aged care services.

Rising Spirits – A Community Resilience Project of the Aboriginal Health Council of South Australia

2015

The high mortality rate and disproportionate number of violent deaths in the Aboriginal population can leave communities in a continual state of bereavement. Aboriginal people experience high levels of psychological distress, sadness and lack of hope.

Ensuring guideline-concordant monitoring of suicidal thinking and behaviour after initiation of antidepressant treatment in 12-to 25-year-olds with depression

2013

Initial pilot testing outcome data will allow the researchers to undertake item reduction to ensure the tool is as simple and quick as possible to complete, while still providing useful information to clinicians about suicidal ideation and behaviours, depression symptom severity and adverse effects.

Improving the delivery of health and wellbeing services to Indigenous youth in primary healthcare using a quality improvement approach

2013

Indigenous youth experience considerable health challenges, and particularly a high burden of mental illness, yet under-utilise health services and engage with healthcare at more chronic stages and for shorter periods in comparison to non-Indigenous youth.

National Mental Health Survey of Doctors and Medical Students: Final Report

2013

Doctors reported substantially higher rates of psychological distress and suicidal thoughts compared to both the Australian population and other Australian professionals.

Revision of the Australian Guidelines for the Treatment of Adults with Acute Stress Disorder and Posttraumatic Stress Disorder

2013

This grant provides additional support to the Australian Centre for Posttraumatic Mental Health to update and revise the Australian Centre for Posttraumatic Mental Health Guidelines for the Treatment of Adults with Acute Stress Disorder (ASD) and Posttraumatic Stress Disorder (PTSD) to ensure they remain current and are based on the best available and most recent evidence.

Assisting young people with, or at risk of, mental illness: a longitudinal study of NSW Youth Health Services

2012

There are 14 youth health services in New South Wales, with each of these services being targeted towards disadvantaged young people, particularly those at risk of experiencing a housing crisis, mental illness, drug and/or alcohol misuse and involvement in the juvenile or adult justice systems.

A nurse led psychosocial intervention with peer support to reduce psychosocial needs in women with gynaecological cancer

2011

Radiotherapy is a common treatment for gynaecological cancer (GC) and has many distressing side-effects, including diarrhoea, abdominal cramps, bladder dysfunction, menopause, infertility and sexual dysfunction, which impact on psychosocial functioning and intimate relationships.

Impact of alcohol and drug use on the diagnosis and management of depression in gay men: A sub-study of the Primary Health Care Project on HIV and Depression

2011

With funding from Beyond Blue, the National Centre in HIV Social Research was able to conduct further research on data from a previous study funded by NHMRC.

The acceptability and effectiveness of a system-based approach to reducing CV risk, including depression and lifestyle risk factors, in rural and remote general practices: A randomised, controlled trial

2011

Cardiovascular disease (CVD) is associated with physiological factors and lifestyle behaviours such as smoking, inappropriate alcohol consumption, unhealthy diet and physical inactivity.

A GP intervention to assist the primary carer for people with dementia: A longitudinal study

2010

This research was funded by Beyond Blue to complement and enhance a project previously funded by the National Health and Medical Research Council (NHMRC), and focuses on diagnosis and management of dementia by General Practitioners (GPs).

A randomised controlled trial of consumers asking questions to prompt clinicians to discuss and apply evidence to their care

2010

Applying clinical evidence to the care of individual patients is the last major stumbling block to the implementation of evidence-based practice. Tools to prompt question asking and patient involvement have previously been evaluated and their implementation into clinical practice has been limited.

Evaluation of Heart Health Online: A program to assist GPs to manage depression and related illnesses in patients with coronary heart disease

2010

Heart disease remains one of the leading causes of death in older Australians. Whilst on its own heart disease can result in significant illness and impairment, when combined with depression, patients face an increased risk of death and a poorer overall prognosis (Bunker et al., 2003).

Improving Community Coordination, Access and Networks (I-CCaN): primary care for depression, anxiety and related disorders with co-morbid chronic physical illness

2010

The I-CCaAn project (Improving Community Coordination, Access and Networks) involved developing and trialling an innovative intervention in General Practice for the identification and care of previously undiagnosed depression and anxiety in patients with chronic physical illness.

Improving depression and anxiety screening of patients with heart disease: implementing a multidisciplinary clinical pathway

2010

This study aimed to improve depression and anxiety screening in people with coronary heart disease (CHD) using a ward-based clinical pathway.

The Mental Health of Doctors: A Systematic Literature Review

2010

The mental and physical health of medical students and health professionals is an area of concern to the medical profession and general community. This project undertook a systematic review of the literature on mental health-related issues in and affecting medical practitioners.

A Nurse-Assisted Screening and Referral Program for Depression among Survivors of Cancer: a Pilot Study

2009

Clinical levels of depression and anxiety are diagnosed in approximately one-third of patients with cancer. This pilot study linked survivors of colorectal cancer with an existing telephone information and support service for depression and anxiety.

Does Interpersonal Psychotherapy improve clinical care for adolescents with depression attending a rural child and adolescent mental health service?

2009

This project aimed to determine the impact of clinician training on treatment content and outcomes for adolescents presenting with a depressive disorder to a rural Child and Adolescent Mental Health Service (CAMHS).

Healing the Healers: A peer based mentoring intervention

2009

Nurses who experience mental illness may be marginalised and stigmatised by other nurses. This project investigated whether a nurse-specific mental health workshop could address workplace problems experienced by nurses with mental illness.

Improving Access to Psychological Therapies

2009

Only 35 to 40 per cent of Australians with the high prevalence disorders depression and anxiety appear to adequately access appropriate services.

Improving the engagement detection and management of adolescent depression: Applying the mobile-type program to general practice settings

2009

The Mobile Tracking Young People's Experiences (mobiletype) program was developed to assist with the monitoring, treatment and management of mental health for young people aged 14 to 24 years.

Screening and Management of depression in cardiac settings: An examination of clinical practice and a National study of prevalence of screening for depression by cardiologists and their beliefs regarding screening and management

2009

Cardiovascular disease is the leading cause of death in Australia and imposes a substantial health and economic burden, which exceeds that for other diseases.

Therapeutic Family Involvement (TFI) in the management of persistent clinical depression: psycho-education, family support and multi-family group intervention

2009

Substantive evidence indicates that multi-family group (MFG) interventions are an effective treatment for psychotic illness, reducing relapse rates and psychiatric symptomatology in a cost-effective fashion.

A Randomised Controlled Trial of a Letter Intervention in Primary Care Patients to Improve Depression and Anxiety Disorders

2008

The Inner South East Primary Mental Health Team (PMHT) provides one-off psychiatric assessments to patients referred by GPs for diagnostic clarification and treatment recommendation. The outcomes of the assessment are communicated to the GP by means of an assessment letter.

DIAMOND Consortium: Building capacity in primary mental health care research and evaluation

2008

The diamond consortium involved a multidisciplinary team with expertise in complex primary care and mental health research, evaluation and clinical practice.

Health problems of patients with dual diagnosis: To what extent do these patients slip through the net?

2008

Individuals who experience depression/anxiety with concurrent substance use (referred to as high prevalence or HP dual diagnosis) are particularly vulnerable to falling through service system gaps in the healthcare system.

A 3-8 year follow-up of adolescents treated for depression and their families: Predictors of treatment outcome

2007

Research evidence suggests a short-term effectiveness of treatments such as Cognitive Behaviour Therapy (CBT), supportive psychotherapy, antidepressant drug therapy and a combination of CBT and antidepressant drug therapy for the treatment of depression in adolescents.

A pragmatic trial of a “stepped care” intervention for people with depression and cardiac failure

2007

Depression is common in people with chronic heart disease and is associated with poorer outcomes. Chronic disease combined with depression and/or social isolation requires complex interdisciplinary management systems involving primary, secondary and tertiary level care.

Caring for the depressed elderly in the emergency department: Establishing linkages between sub-acute, primary and community care

2007

The project investigated depression in elderly people who present at emergency departments (ED) with complex physical health and social problems.

Depression management and prevention of suicide amongst the elderly in general practice (DEPS-GP)

2007

In Australia and other Western countries, older adults are the fastest-growing segment of the population. While this dramatic demographic change is a desirable and welcome phenomenon, the social, financial and health consequences of an ageing society cannot be ignored.

Evaluation of an Internet-based therapy for panic disorder in general medical practice

2007

Panic disorder (PD) is one of the most common anxiety disorders seen in general practice, but provision of evidence-based cognitive behavioural treatment is rare. Many Australian GPs are now trained to deliver focused psychological strategies but in practice this is time-consuming and costly.

Improving the engagement, detection and management of adolescent depression: Applying the mobiletype program to general practice settings

2007

The aim of this project was to adapt the mobiletype program, IT systems and website interface for use in the primary care setting, the setting where young people with early mental health problems are most likely to present.

Primary Care Evidence Based Psychological Interventions (The PEP Study)

2007

The aim of the study was to evaluate the impact of GP training in Cognitive Behavioural Therapy (CBT) Skills using a randomised controlled design.

Primary Care Evidence-Based Clinical Pathways for People with Co-Morbid Depression, Diabetes and Coronary Heart Disease

2007

Heart disease, diabetes, and depression represent three of the leading disease burdens in Australia with all three conditions being identified as National Health Priority Areas.

Re-orientating general practice towards preventative mental health care for adolescents, utilising the practice nurse: A pilot study

2007

This project is a stand-alone component of a larger proposal to trial a health risk screening and follow-up intervention to detect and manage or refer young people with depression or related disorders and health risk in primary care.

Time for a future: effective treatment of depressed youth in urban and rural primary care settings

2007

This project compared three treatments for adolescent depression – Cognitive Behaviour Therapy (CBT), antidepressant medication (sertraline) with supportive counselling, and a combination of CBT and sertraline – to determine the most effective treatment.

Women's Experience of Abuse and Violence Care in General Practice: A consumer evaluation of guidelines (WEAVE)

2007

WEAVE aimed to explore women's views and experiences of how general practitioners (GPs) should manage partner abuse for the whole family. Despite the high association of mental health issues with partner abuse, there is limited information on how GPs should manage partner abuse.

Depression and musculoskeletal pain in primary care: an examination of practitioner, patient and socio-economic influences on detection & management

2006

Between 50% to 80% of people with depression initially come to their general practitioner (GP) with a physical symptom. These people are less likely to have their psychological condition detected and receive an accurate diagnosis of depression than those who report symptoms of depression. This is often seen in people with musculoskeletal pain.

Depression in people with intellectual disability: An evaluation of a staff administered treatment program

2006

People with intellectual disability (ID) have a higher prevalence of depression than the general population. ID is often accompanied by impaired communication, especially in cases of severe ID.

Diagnosis and treatment of depression in adults with intellectual disability through general practitioner and psychiatric collaboration

2006

Psychiatric disorders are 3-5 times more common in people with intellectual disability (ID), but are often overlooked because of communication difficulties and problems with diagnostic accuracy.

Finding out what experienced general practitioners mean by 'depression' – a step towards developing a meaningful taxonomy of depression in primary care

2006

Research demonstrates that general practitioners consistently under-diagnose depression. This conclusion is derived from studies that compare GP diagnosis with the results of psychiatric screening or assessment instruments.

Models of collaboration between general practitioners and psychologists in the delivery of cognitive behavioural treatment for obsessive-compulsive disorder

2006

Obsessive Compulsive Disorder (OCD) occurs when people have ongoing unwanted/intrusive thoughts and fears that cause anxiety – often called obsessions. These obsessions make people feel they need to carry out certain rituals in order to feel less anxious and these are known as compulsions.

Post Stroke Depression: Comprehensive GP shared care following stroke

2006

The occurrence of post-stroke depression (PSD) is receiving increasing research attention. The shared care process, in which the specialist and general practitioner take concurrent responsibility for the care of the patient, is an approach that has been successfully applied to a variety of chronic medical conditions.

Reducing Suicide in Men through general practice – The SIM Study

2006

Managing suicidal ideation in men is a crucial health issue in Australia, and additional training for GPs is one potential avenue for reducing suicide rates. The Suicide in Men (SIM) study involved designing, utilising and evaluating a training package for GPs titled, Reducing Suicide in Men through General Practice, which would assist them in detecting and managing suicidal ideation in men.

Screening for Co-Morbid Affective Disorder and Substance Abuse Disorder by General Practitioners

2006

The co-occurrence of symptoms of depression and substance abuse is associated with greater functional impairment and poorer prognosis than is generally seen among people with a single diagnosis.

Supporting mental health care in general practice in relation to Australian ethnic minority communities

2006

The Better Outcomes in Mental Health Care (BOiMHC) initiative recognises the important role of general practitioners (GPs) in the provision of mental health care in the community and the fact that GPs require additional training and support to effectively fulfil this role.

The Mental Health Aptitudes into Practice Project (The MAP Project)

2006

The Mental health Aptitudes into Practice (MAP) project has been one of the largest mental health training projects undertaken in Australia. It was designed to deliver training to personnel in the non-medical primary care health and welfare sector in all areas of Victoria through Primary Care Partnerships (PCPs).

Aboriginal Mental Health Worker Program – Phase 1

2005

In 2001, the Top End Division of General Practice (TEDGP) was funded under the Australian Government's More Allied Health Services (MAHS) program to employ Aboriginal Mental Health Workers (AMHWs) to work alongside General Practitioners in five remote health centres. In 2002, Beyond Blue joined the Program to extend this to seven centres and to fund an external evaluation.

Diagnosis, Management and Outcomes of Depression in Primary Care (diamond) – A longitudinal study

2005

Having an in-depth and reliable understanding of what happens to people experiencing depressive symptoms in Australia is essential to providing excellent health care.

Pathways of care for socially-marginalised people with depression and related disorders

2005

Research indicates that socially-marginalised people have impaired access to health and community services and worse mental health compared with socially well-integrated people.

The Feasibility of a GP-Led Screening Intervention for Depression among Nursing Home Residents

2005

The prevalence of depression is much higher among elderly people living in aged care accommodation than it is amongst their peers living in the community.

Attitudes towards and pathways to and from the Young People's Health Service mental health service

2004

The Young People's Health Service (YPHS) is the only primary health care service specifically for young people who are homeless in central Melbourne. The service is free and staffed by nurses, doctors and counsellors.

Developing Youth Alcohol and other Drug, Depression and Anxiety Services: The DYADS Project

2004

High rates of co-morbid affective and substance-use problems have been identified in substance-using adults seeking treatment; however less research has been conducted in younger populations.

Early detection and treatment of depression in mildly intellectually disabled adults

2004

The existence of depression and other mood disorders among people with intellectual disability (ID) is well accepted and there are indications that their risk for developing depression may be greater than the general population. Despite this recognition, considerable gaps exist in our knowledge regarding early detection and treatment of depression in people with ID.

General-practice Users Perceived-need Inventory (GUPI) Project

2004

The Perceived Need for Care Questionnaire (PNCQ) is a fully structured questionnaire measure of perceived need for mental health care. It was first administered as part of the Australian National Survey of Mental Health and Wellbeing survey targeting high prevalence disorders such as depression and anxiety.

Home (Families)

Children's Resilience Research Project

2017

This research examines how resilience can be fostered in children aged 0-12 years, and has been translated into a practice guide for professionals who work with children, parents and families.

Maambart Maam. My father.

2015

It is well documented that, in comparison to other Australians, Aboriginal and Torres Strait Islander people experience significantly higher rates of depression, social isolation, chronic health problems across all of the national health priority areas and social disadvantage. This project explored the mental health of Aboriginal male carers during the perinatal period, through an Aboriginal male lens.

'Bridging the Gap': Enhancing help-seeking for depression, anxiety and substance misuse among young migrants from culturally and linguistically diverse (CALD) backgrounds by empowering family members to be facilitators of help-seeking

2014

The primary aims of Bridging the Gap are to identify the barriers and facilitators to professional help-seeking for anxiety, depression and substance misuse for young migrants and to develop and pilot an innovative educational program that promotes help-seeking for anxiety, depression and substance misuse by educating and empowering family members to facilitate access to help for young people within their community.

Men's social connectedness

2014

Social isolation and loneliness are now widely accepted as risk factors for depression and anxiety. Conversely, social connectedness and good interpersonal relationships are considered protective factors that have a positive impact on mental (and general) health and well-being. This project found that poor social connectedness is a significant issue for many men in their middle years.

Social isolation in older adults

2014

A growing challenge facing Australia is how to ensure the physical and mental health, and wellbeing of Australians as they age. Beyond Blue commissioned this research project to scope evidence-based recommendations for the 3+ million Australians over 65 years of age.

Deakin Family Options: Engaging youth with high prevalence mental health problems using family based interventions (DFO 3)

2013

Youth depression, anxiety and substance abuse are prevalent, distressing and costly problems impacting one in five young Australians. This collaborative project – called ‘Deakin Family Options’ – will evaluate a family-based intervention in order to broaden the therapeutic approaches used for young people and their families.

Improving the psychosocial health of people with cancer and their carers: A community-based approach

2013

Cancer is the leading cause of burden of disease in Australia, accounting for nearly one fifth of the total disease burden. The diagnosis and treatment of cancer is a major life stress that is followed by a range of well described psychological, social, physical and spiritual difficulties.

The efficacy of the Nothing Ventured Nothing Gained online adolescent and parent mental health program for the prevention of depression, anxiety and other adverse mental health problems in rural adolescents with Type 1 diabetes

2013

Studies have shown that co-morbid depression and anxiety in adolescents with Type 1 Diabetes (T1 D) is associated with poorer adjustment and metabolic control, and more frequent hospitalisation.

Cognitive existential couple therapy for men with early stage prostate cancer and their partners

2012

The aim of the project is to test the efficacy of the couple-focused intervention cognitive existential couple therapy (CECT) on the psychological and social adjustment of men with early stage prostate cancer and their partners.

Experiences of depression and recovery in Australia

2012

This website shares personal experiences of depression and recovery, providing a valuable resource to support people living with depression, their families, friends, health professionals involved in their care and policy makers.

Parenting to prevent adolescent depression and anxiety

2012

The aim of this research project is to develop guidelines for parents and carers on how to prevent depression and anxiety disorders in their adolescent and young adult children that can be widely promoted in the community and to some targeted groups.

Partners in Depression

2012

Family and friends are the major providers of day-to-day emotional and practical support for those in the community experiencing depression.

Deakin Family Options: A randomised controlled trial of enhanced cognitive therapy and family education for youth depression, anxiety and substance use

2011

This project builds on important previous clinical trials completed in 2010 with the support of Beyond Blue funding.

A clinical trial of family education and cognitive therapy for youth depression, anxiety and substance use (Deakin Family Options 1)

2010

The co-morbidity of anxiety and depression with substance abuse in young people represents a significant health problem that impacts on family, social and educational functioning.

A GP intervention to assist the primary carer for people with dementia: A longitudinal study

2010

This research was funded by Beyond Blue to complement and enhance a project previously funded by the National Health and Medical Research Council (NHMRC), and focuses on diagnosis and management of dementia by General Practitioners (GPs).

Toward the identification and minimisation of depression and psychological distress in family caregivers of people receiving palliative care

2010

This study assessed the mental health of family caregivers of palliative care patients in order to inform ways of maximising support for distressed caregivers. The project was conducted in two phases.

Therapeutic Family Involvement (TFI) in the management of persistent clinical depression: psycho-education, family support and multi-family group intervention

2009

Substantive evidence indicates that multi-family group (MFG) interventions are an effective treatment for psychotic illness, reducing relapse rates and psychiatric symptomatology in a cost-effective fashion.

A 3-8 year follow-up of adolescents treated for depression and their families: Predictors of treatment outcome

2007

Research evidence suggests a short-term effectiveness of treatments such as Cognitive Behaviour Therapy (CBT), supportive psychotherapy, antidepressant drug therapy and a combination of CBT and antidepressant drug therapy for the treatment of depression in adolescents.

Every Family (Parenting) Evaluation

2007

A substantial body of evidence shows that the quality of parenting children receive has a major effect on their development. Family risk factors such as poor parenting, family conflict and marriage breakdown strongly influence children's risk of developing mental health problems.

Rural carers online: A feasibility study

2006

This project was a small-scale study examining the feasibility of undertaking a larger randomised controlled trial of a computer intervention, which aimed to reduce social isolation and depression amongst older carers.

Living with depression—carers' experiences

2002

The research explored the experiences of carers of people with depression and revealed how living with a person with depression can impact on many areas of life and affect psychological, emotional and physical wellbeing.

The impact of living with anxiety – carers' perspectives

2002

Conducted by Beyond Blue: the national depression initiative and The Network for Carers of People with a Mental Illness, this research explored the experiences of carers of people with an anxiety disorder.

The impact of living with bipolar disorder

2002

The research sought to explore the lived experience of bipolar disorder and gain a level of understanding of the impact of bipolar disorder on individuals, family and the community.

The impact of living with eating disorders – carers' perspectives

2002

Qualitative research was undertaken to explore the experience of living with a person with an eating disorder in order to gain insight into the impact of this experience on primary carers and the family.

Injury

Telephone-administered early psychological intervention for depression and anxiety following serious injury

2013

In Australia, more than 300,000 people are severely injured each year and require a hospital admission. The cost to the community in terms of human suffering and financial burden is considerable.

Traumatic brain injury and subsequent depression

2012

The literature reports that between 23 to 45 per cent of people who are injured with a traumatic brain injury (TBI) will suffer from depression.

Lesbian, gay, bit, trans, intersex and queer (LGBTIQ+) people

Fatal suicidal behaviours in LGBT populations

2015

This study seeks to better understand the factors that contribute to fatal and non-fatal suicidal behaviours in LGBT populations.

From blues to rainbows: The mental health needs of young people with diverse gender

2015

This project uses the internet to collect data from a national sample of 200 gender diverse young people aged between 14 and 21, recruited through social networking sites and organisations which work with these young people.

Improving mental health for older LGBTI Australians

2015

Higher rates of depression and/or anxiety have been observed in older lesbian, gay, bisexual, transgender and intersex people, compared to the broader community. A key project outcome is the development of an awareness-raising education resource for providers of mental health services and aged care services.

Improving online therapy for mood disorders among lesbians and gay men

2015

This project aims to improve online therapy tools available to assist with mood disorders. The researchers will build on existing evidence around effective therapeutic approaches in gay and lesbian people, as well as producing the practical outcome of improving therapeutic approaches.

Rainbow Women's Help Seeking Behaviour Research

2015

This study seeks to better understand the preferences and methods of help seeking by 'rainbow women' in order to target their mental health promotion efforts more effectively.

A Closer Look at Private Lives 2: Addressing the mental health and well-being of lesbian, gay, bisexual and transgender (LGBT) Australians

2014

This project is a second stage analysis of Private Lives 2 – a national survey of the health and wellbeing of lesbian, gay, bisexual, and transgender (LGBT) Australians. LGBT Australians were invited to take part in the survey, with almost 4,000 participating.

First national trans mental health study: A mixed-methods study of mental health and associated factors in transgender and transsexual (trans) people

2014

This project is the first national study of the mental health of trans people aged 18 years or older living in Australia.

Mental health, resilience and sexual recovery among gay men with prostate cancer

2014

This study will be the first to-scale, in-depth account of gay men and prostate cancer anywhere in the world. It will provide a fine-grained account of their experiences, resilience and recovery of mental and sexual health to build an evidence base for future policy, program and resource development by medical and health services.

Building the evidence base of risk and protective factors for depression and anxiety in the GLBQ community

2013

Whilst research shows high prevalence rates for depression and anxiety within the gay, lesbian, bisexual and questioning (GLBQ) community compared to their heterosexual peers, our knowledge of the pathway to mental health and illness in this community is less understood.

Evaluation of a tailored online same-sex attracted youth-focused trans-diagnostic mental health and wellbeing program 'Out and online'

2013

This project resulted in the development of the Out & Online program, one of the first online interventions specifically designed to be relevant for same-sex attracted young people.

Stop.Think.Respect campaign

2013

A national campaign that used a combination of advertising and real-life stories to prompt the Australian community (particularly teenage boys) to question their own attitudes and behaviour and raise awareness of the impact of discrimination towards the LGBTI community.

The ALICE study: Alcohol and lesbian/bisexual women – insights into culture and emotions

2013

Australian lesbian, bisexual and same-sex attracted women (sexual minority women), when compared with heterosexual women, are at higher risk of drinking harmful amounts of alcohol and of having depression or anxiety.

The impact of homophobic bullying during sport and physical education participation on same sex attracted and gender questioning young Australians' depression and anxiety levels

2013

The aim of this project is to ascertain the nature and extent of psychological abuse, physical abuse and homophobic bullying that have been experienced by same sex attracted (SSA) and gender questioning (GQ) youth in sport and school PE within Victoria.

No need to straighten up: Discrimination, depression, anxiety and older lesbian, gay, bisexual, transgender and intersex Australians

2012

This study was conducted in response to a growing body of research linking higher rates of depression, anxiety and related disorders among lesbian, gay, bisexual, transgender and intersex (LGBTI) Australians to their experiences of homophobic and transphobic discrimination.

Beyond Blue sought the perspectives of older LGBTI people to inform community education programs to challenge homophobia and transphobia.

Impact of alcohol and drug use on the diagnosis and management of depression in gay men: A sub-study of the Primary Health Care Project on HIV and Depression

2011

With funding from Beyond Blue, the National Centre in HIV Social Research was able to conduct further research on data from a previous study funded by NHMRC.

Private Lives 2 survey: Health and wellbeing of people from sexual and gender minorities in Australia

2011

The project was supported by Beyond Blue with funds from the Movember Foundation, with additional funds provided by the Victorian Department of Health and a La Trobe University faculty grant.

Feeling queer and blue: A review of the literature on depression and related issues among gay, lesbian, bisexual and other homosexually active people

2008

A growing body of evidence suggests non-heterosexual people experience anxiety and depression at higher rates than their heterosexual peers and are at greater risk of suicide and self-harm. Yet there is little recognition of the implications of this for policy and practice.

Depression in people living with HIV/AIDS: outcomes, risks, and opportunities for intervention

2005

Up to 35% of people living with HIV/AIDS suffer from significant depressive symptoms. Depression has been shown to have a negative impact on quality of life, employment, mortality and on adherence to medication in chronic illnesses.

Men

Evaluation of New Roots: Integrated support for refugee men project

2016

An evaluation of the New Roots project, implemented by Settlement Services International, which aimed to improve the health and wellbeing of males recently settled in Australia through a humanitarian visa from the Arabic, Farsi-Dari and Tamil speaking communities.

SMS4dads

2016

This study was conducted to develop and test an SMS-based messaging system for new fathers to deliver links to tailored information and resources, track their mood and respond to signs of significant distress, connect them to services when required, and connect them to other dads facing similar challenges.

Better Out Than In

2015

An online campaign that reframes the conversation about men's depression from one of shame, stigma, and secrecy to one of courage, hope, and strength. AFL past players, AFL coaches, and construction workers share stories of their experience of depression, seeking help for depression, and recovery from depression.

Can exercise ameliorate treatment toxicity during the initial phase of testosterone suppression in prostate cancer patients? Is this more effective than delayed rehabilitation and what is the time course and persistence of benefits?

2015

There has been a substantial increase in the use of temporary androgen suppression therapy (AST) as an adjuvant management of prostate cancer.

Chronic sleep loss, depression and anxiety in adolescent males

2015

Adolescence is a complex developmental period, with a high prevalence of mental health problems, particularly depression. During adolescence, there is also a high incidence of poor sleep, including reduced sleep quality and quantity and high levels of daytime sleepiness.

Contact + Connect

2015

Contact & Connect: a smartphone based stigma reduction intervention for unemployed construction workers

Healthy Dads? The challenge of being a new father

2015

A heightened vulnerability to psychological distress during the perinatal period is well recognised for expectant and new mothers. Increasingly, however, this period is also understood as a time of significant risk for mental health problems for fathers.

Improving access to mental health services for young Australian males with anxiety problems

2015

Anxiety disorders are the most common mental health problems. Of those Australians with mental health disorders, adolescent males are the least likely to seek treatment.

Maambart Maam. My father.

2015

It is well documented that, in comparison to other Australians, Aboriginal and Torres Strait Islander people experience significantly higher rates of depression, social isolation, chronic health problems across all of the national health priority areas and social disadvantage. This project explored the mental health of Aboriginal male carers during the perinatal period, through an Aboriginal male lens.

Out of the Blue: Pete & Dale

2015

OUT OF THE BLUE is a digital project that uses a single online framework to create two websites aimed at two different communities that experience stigma associated with anxiety and/or depression – one for men living with HIV and another for men who have sex with other men but are also in heterosexual relationships (commonly known as ‘gay and married men’).

Tell Your Story

2015

“Tell Your Story” is the first digital intervention targeting self-stigma in refugees. The four-session web-based education program will feature video stories of refugee men speaking about their PTSD symptoms and positive help-seeking experiences in their own languages. Interactive activities will educate users about PTSD, and support them in developing personalised plans for seeking help.

The Ripple Effect

2015

The Ripple Effect is a digital intervention designed to unite males from Australia’s community of farming, aged 30-64, affected by suicide by providing a peer-supported environment where farmers can share their experiences, learn from each other and build knowledge and skills to assist them through their challenges.

Y Fronts

2015

The Y Fronts mobile application (and supporting social media platforms) will be built ‘by men for men’ in the region connecting them through the virtual communities they will co-design. Y Fronts is about connecting men in remote areas who work FIFO/DIDO with other men in similar circumstances and enhancing their conversations about mental wellbeing and experiences with stigma in a male driven, interactive and non-confronting manner.

A randomised controlled trial of the efficacy of adjunctive internet- based CBTi in treating depression and anxiety in older men

2014

Men with symptoms of depression and anxiety, particularly in the oldest and youngest age groups, seek help far less than women for a given threshold or condition.

Beyond Barriers Strategy Evaluation

2014

Man Therapy, the largest component of the Beyond Barriers Strategy, has been found, through this evaluation of the Beyond Barriers Strategy, to have: exceeded the expected campaign reach; been cost effective; and positively changed the knowledge, attitudes and behaviours of Australian men aged 30–54 with respect to depression and anxiety.

Doing what comes naturally: Investigation of positive self-help strategies used by men to prevent depression and suicide

2014

Suicide is the 10th most common cause of death for Australian males, with proportionally higher rates in young men, displaced and separated men, unemployed men, men with physical illnesses and men with mental health disorders, particularly depression.

Men's experiences with suicidal behaviour and depression

2014

Suicide has a devastating impact on individuals, families and communities and the evidence suggests that most suicides are largely preventable. The aim of the project is to understand the experience of depression and suicide in men and what contributes to taking action, or not taking action, during a suicidal crisis.

Men's social connectedness

2014

Social isolation and loneliness are now widely accepted as risk factors for depression and anxiety. Conversely, social connectedness and good interpersonal relationships are considered protective factors that have a positive impact on mental (and general) health and well-being. This project found that poor social connectedness is a significant issue for many men in their middle years.

Mental health, resilience and sexual recovery among gay men with prostate cancer

2014

This study will be the first to-scale, in-depth account of gay men and prostate cancer anywhere in the world. It will provide a fine-grained account of their experiences, resilience and recovery of mental and sexual health to build an evidence base for future policy, program and resource development by medical and health services.

ProsCan for Life: A multimodal supportive care intervention for men with prostate cancer

2014

Prostate cancer is the most common cancer in Australian men. Side-effects including urinary, bowel and sexual dysfunction are common after treatment and persist over years, as do unmet supportive care needs.

The impact of pregnancy and early fatherhood on Australian men's mental health

2014

This project identified the impacts of pregnancy and early fatherhood (first year) on men's mental health (depression and anxiety).

The role of the media in encouraging men to seek help for depression or anxiety

2014

The media play a pivotal role in shaping community attitudes and knowledge about mental health and illness.

Community and population-based interventions to reduce stigma associated with depression, anxiety and suicide: a rapid review

2013

The aim of this review is to examine the evidence of effectiveness of community and population-based interventions to reduce stigma associated with depression, anxiety and suicide.

Development and evaluation of an online psychological intervention for partners of men with prostate cancer

2013

This project targets partners of men who have been diagnosed with prostate cancer. As prostate cancer affects men who are usually over the age of 65, this project will target partners in this age range also –

namely older people. The term 'partner' refers to any person who is in an intimate or marital relationship with the man who has been diagnosed with prostate cancer.

Men's Sheds in Australia

2013

Men's Sheds across Australia vary in their focus, resources, programmes and membership base. However, while Men's Sheds vary, they are all thought to offer social, emotional and other benefits to men who participate in them.

My road ahead: An online psychological support program for men with prostate cancer

2013

Cancer of the prostate (CaP) is the most common cancer diagnosis in Australia (excluding nonmelanocytic skin cancer), with more than 18,000 new cases diagnosed each year (AIHW, 2007).

Understanding the psychosocial sequelae of surviving testicular cancer

2013

This research will establish whether depression in testicular cancer survivors is correlated with demographic characteristics and cancer-related factors. Improved understanding of the correlates of depression will lead to better design, focus and timing of interventions, thereby providing data for future studies.

xTEND: eXtending Treatments, Education and Networks for Depression

2013

This project aims to examine the association between social factors and relationship breakdown with depression and suicidal intention in rural communities. It will analyse existing datasets and use learnings and experiences gained from other local studies to design the pilot intervention.

Cognitive existential couple therapy for men with early stage prostate cancer and their partners

2012

The aim of the project is to test the efficacy of the couple-focused intervention cognitive existential couple therapy (CECT) on the psychological and social adjustment of men with early stage prostate cancer and their partners.

Developing an evidence-based definition of help-seeking

2012

Beyond Blue commissioned this literature review to identify and synthesise key resources that define the term 'help-seeking behaviour' in the context of mental health and wellbeing.

Evaluation of Men's Health Resources

2012

As Beyond Blue moves forward, the need exists to evaluate Beyond Blue's suite of men's health information resources. The evaluation will inform Beyond Blue on the future development and delivery of resources, as well as provide a measure of the program's performance.

Evaluation of The Shed Online

2012

The Shed Online is a public health initiative developed by Beyond Blue with the Australian Men's Shed Association (AMSA) and funded by the Movember Foundation.

Men's Help Seeking Behaviour

2012

Beyond Blue is seeking to build on its knowledge about men's behaviours and the influences which may cause them to seek or not seek out information and help about depression and anxiety.

Workplace mental illness and substance use disorders in male-dominated industries: A systematic literature review

2012

A systematic literature review of primary research investigating the relationship between work and depression, anxiety and substance-use disorders in male dominated industries, undertaken by the National Centre for Education and Training on Addiction (NCETA) at Flinders University.

Impact of alcohol and drug use on the diagnosis and management of depression in gay men: A sub-study of the Primary Health Care Project on HIV and Depression

2011

With funding from Beyond Blue, the National Centre in HIV Social Research was able to conduct further research on data from a previous study funded by NHMRC.

The Victorian building and construction industry help-seeking behaviours research project: Apprentices and young workers

2011

Beyond Blue funded Incolink – a Victorian-based organisation that provides support services to the building and construction industry – to conduct a two-year research project designed to examine help-seeking behaviour for common mental health problems among young working men in the building and construction industry.

Mindfulness interventions for men with prostate cancer and their partners

2010

This project piloted a mindfulness group intervention 'Living with Advanced Prostate Cancer' for men with advanced prostate cancer.

Mibbinbah: Indigenous men's sheds/spaces pilot project

2009

The aim of the Indigenous Men, Health and Indigenous Men's Spaces program was to develop an understanding of what makes Indigenous men's spaces safe and healthy places and how this might benefit families and communities.

The impact of antidepressants on men and their partner's sexual desire, sexual functioning and intimate relationship

2008

The impact of depression in men on relationships includes issues relating to emotional and physical well-being. Side effects can include sexual dysfunction and reduced libido.

Reducing Suicide in Men through general practice – The SIM Study

2006

Managing suicidal ideation in men is a crucial health issue in Australia, and additional training for GPs is one potential avenue for reducing suicide rates. The Suicide in Men (SIM) study involved designing, utilising and evaluating a training package for GPs titled, Reducing Suicide in Men through General Practice, which would assist them in detecting and managing suicidal ideation in men.

Depression in people living with HIV/AIDS: outcomes, risks, and opportunities for intervention

2005

Up to 35% of people living with HIV/AIDS suffer from significant depressive symptoms. Depression has been shown to have a negative impact on quality of life, employment, mortality and on adherence to medication in chronic illnesses.

Depression in farmers and farming families

2004

It is well recognised that farming is a physically and psychologically-demanding occupation (Deary et al., 1997). In Australia, farming is now characterised by high rates of stress (Gray & Lawrence, 1996), injury and suicide (Page & Fragar, 2002). Understanding and developing interventions to promote mental health in farming communities is a matter of urgency.

Multicultural people

Evaluation of New Roots: Integrated support for refugee men project

2016

An evaluation of the New Roots project, implemented by Settlement Services International, which aimed to improve the health and wellbeing of males recently settled in Australia through a humanitarian visa from the Arabic, Farsi-Dari and Tamil speaking communities.

'Bridging the Gap': Enhancing help-seeking for depression, anxiety and substance misuse among young migrants from culturally and linguistically diverse (CALD) backgrounds by empowering family members to be facilitators of help-seeking

2014

The primary aims of Bridging the Gap are to identify the barriers and facilitators to professional help-seeking for anxiety, depression and substance misuse for young migrants and to develop and pilot an innovative educational program that promotes help-seeking for anxiety, depression and substance misuse by educating and empowering family members to facilitate access to help for young people within their community.

Localities Embracing and Accepting Diversity (LEAD Project) evaluation

2014

Beyond Blue is supporting the evaluation of the LEAD project, being conducted by VicHealth in two sites: the Shire of Whittlesea and the City of Greater Shepparton. The three-year research project aims to:

The Emotional Wellbeing Program: The development, evaluation and delivery of two internet-based education programs for anxiety and depression for older adults

2014

The proportion of older adults in Western countries is growing rapidly and common mental disorders in people over 60 include depression and anxiety. Although disability from these conditions is high, rates of treatment seeking are low due to stigma, physical mobility limitations, costs of treatment and the shortage of trained therapists.

Chinese MoodGYM Project

2012

The Chinese MoodGYM Project is a three-way collaboration between the Australian National University, the Beijing Suicide Research and Prevention Center and Massachusetts General Hospital to produce a Simplified Chinese version of MoodGYM.

Pilot study on postnatal depression in refugee communities

2012

It is widely acknowledged that people from refugee backgrounds experience significant distress related to pre-migration life events and experiences of resettlement. Depression and anxiety are often cited as being experienced in higher rates by these people compared with the majority population (DHS, 2008).

Psychological morbidity, unmet needs, quality of life and patterns of care in migrant cancer patients: The first year

2012

Culturally and linguistically diverse (CALD) people have been shown to have poorer cancer screening and mortality outcomes, and may have difficulties within the Australian health system due to language and knowledge barriers, differing beliefs, religion and social suffering.

Treating trauma in refugee youth: An Australian experience

2012

Aim and objectives: To conduct a pilot study of Trauma Focused Cognitive Behavioural Therapy (TF-CBT) for adolescents with refugee backgrounds with PTSD or trauma symptoms and to examine the cultural relevance of a CBT approach in refugee youth.

A Chinese-Australian version of the Sadness Program

2011

This project aimed to explore the potential of internet treatment as a way of reducing practical and cultural barriers to treatment for Chinese Australians with depression.

Is acculturation the nexus between chronic physical disease and depression and anxiety in a culturally and linguistically diverse (CALD) population?

2011

The prevalence of chronic medical conditions such as diabetes, chronic heart failure and chronic respiratory diseases is high, and is increasing in Australia and other Western countries. These chronic conditions have been found to be associated with increased rates of anxiety and depression.

The MOSAIC Program (MOthers' Advocates in the Community)

2009

Depression is closely linked to the incidence of partner violence. The period during pregnancy is a particularly high-risk time. There is evidence of the benefits of social support, home visiting and mentoring for the mental health of mothers, especially in disadvantaged communities.

Multicultural Information on Depression online (MIDonline): Development of an IT resource to improve depression literacy and assist in pathways to mental health care for people of CALD backgrounds

2008

At the commencement of this study, there were no internet-based information sources specific to depression, to support people of culturally and linguistically diverse (CALD) backgrounds in Australia.

Understanding Depression and Diabetes in a Multi-Cultural Context

2007

With improved life expectancy, and changes in diet and levels of physical activity, chronic diseases are increasing in prevalence; concurrently the incidence and prevalence of depression has also increased. These conditions are prevalent in Australia today, among older immigrants as well as Australian-born men and women.

Supporting mental health care in general practice in relation to Australian ethnic minority communities

2006

The Better Outcomes in Mental Health Care (BOiMHC) initiative recognises the important role of general practitioners (GPs) in the provision of mental health care in the community and the fact that GPs require additional training and support to effectively fulfil this role.

The development and evaluation of an intervention aimed at improving the mental health of a group of refugee women presenting to the Royal Women's Hospital

2006

This project aimed to evaluate the cultural appropriateness of two mental health interventions within an obstetric hospital setting. The study involved Iraqi-born women who were undergoing obstetric care at the Royal Women's Hospital and their husbands.

Pathways of care for socially-marginalised people with depression and related disorders

2005

Research indicates that socially-marginalised people have impaired access to health and community services and worse mental health compared with socially well-integrated people.

Depression and ethnic minority communities in Australia : current situation and future perspectives

2002

The study involved a national 'scoping' of activities in relation to depression and ethnic minority communities. The study incorporated a systemic examination including the policy environment, Australian based research, and service provision activities.

Older people

Mixed methods investigation of anxiety and depression, contributing factors and health services provided to manage it amongst older adults discharged from hospital

2016

From a health service provision perspective, the team anticipate finding that the issue of depression amongst older adults who have recently had an extended period of hospitalisation is under-recognised and poorly managed at present.

A randomised, controlled trial of two psychological interventions for patients with late-life depression who have co-morbid physical problems

2015

Although there have been numerous trials of psychological interventions for patients with late-life depression, there continue to be major gaps in the literature. Few studies aim to treat depression in the context of ill health, despite the fact that many older adults have both depression and a chronic physical illness.

Improving mental health for older LGBTI Australians

2015

Higher rates of depression and/or anxiety have been observed in older lesbian, gay, bisexual, transgender and intersex people, compared to the broader community. A key project outcome is the development of an awareness-raising education resource for providers of mental health services and aged care services.

A randomised controlled trial of the efficacy of adjunctive internet- based CBTi in treating depression and anxiety in older men

2014

Men with symptoms of depression and anxiety, particularly in the oldest and youngest age groups, seek help far less than women for a given threshold or condition.

Social isolation in older adults

2014

A growing challenge facing Australia is how to ensure the physical and mental health, and wellbeing of Australians as they age. Beyond Blue commissioned this research project to scope evidence-based recommendations for the 3+ million Australians over 65 years of age.

The Emotional Wellbeing Program: The development, evaluation and delivery of two internet-based education programs for anxiety and depression for older adults

2014

The proportion of older adults in Western countries is growing rapidly and common mental disorders in people over 60 include depression and anxiety. Although disability from these conditions is high, rates of treatment seeking are low due to stigma, physical mobility limitations, costs of treatment and the shortage of trained therapists.

SteppingUp... when arthritis or pain are getting you down: an implementation and utility trial of a web-based intervention for people with depression or anxiety and co-morbid musculoskeletal conditions

2013

Many internet based interventions have been tested in RCTs but have never been widely implemented. The research team aim to develop a program model that demonstrates implementability and utility within mainstream health services that offer self-management support to consumers with chronic disease.

45 and Up Study

2013

This study is the largest collaborative research effort ever undertaken in the Australian health field. It is examining what contributes to the maintenance of health and wellbeing throughout later life. The study started in 2002 and will follow people over a number of decades.

Development and evaluation of an online psychological intervention for partners of men with prostate cancer

2013

This project targets partners of men who have been diagnosed with prostate cancer. As prostate cancer affects men who are usually over the age of 65, this project will target partners in this age range also – namely older people. The term ‘partner’ refers to any person who is in an intimate or marital relationship with the man who has been diagnosed with prostate cancer.

Men’s Sheds in Australia

2013

Men’s Sheds across Australia vary in their focus, resources, programmes and membership base. However, while Men’s Sheds vary, they are all thought to offer social, emotional and other benefits to men who participate in them.

Evaluation of The Shed Online

2012

The Shed Online is a public health initiative developed by Beyond Blue with the Australian Men’s Shed Association (AMSA) and funded by the Movember Foundation.

No need to straighten up: Discrimination, depression, anxiety and older lesbian, gay, bisexual, transgender and intersex Australians

2012

This study was conducted in response to a growing body of research linking higher rates of depression, anxiety and related disorders among lesbian, gay, bisexual, transgender and intersex (LGBTI) Australians to their experiences of homophobic and transphobic discrimination.

Beyond Blue sought the perspectives of older LGBTI people to inform community education programs to challenge homophobia and transphobia.

Beyond Ageing

2011

Beyond ageing: A randomised controlled trial of folic acid and vitamin B12, physical activity, mental health literacy for the indicated prevention of depression

Beyond Ageing Follow Up Study: A randomised controlled trial of folic acid and vitamin B12, physical activity, mental health literacy for the indicated prevention of depression

2011

The Beyond Ageing Follow Up Study was funded by Beyond Blue to extend this important and groundbreaking research into the health and wellbeing of older Australians.

Qualitative research into older people's attitudes towards depression and help-seeking: The national awareness campaign – older people

2011

In 2010 Beyond Blue commenced work on a national awareness campaign targeting older people in light of the high levels of stigma about depression and anxiety known to exist among the demographic.

A GP intervention to assist the primary carer for people with dementia: A longitudinal study

2010

This research was funded by Beyond Blue to complement and enhance a project previously funded by the National Health and Medical Research Council (NHMRC), and focuses on diagnosis and management of dementia by General Practitioners (GPs).

A randomised, controlled, final stage evaluation of the Beyond Blue depression training program for professional carers

2009

The program was developed in response to previous findings that the recognition rate for late-life depression among aged care recipients is poor. Poor recognition is associated with a lack of formal training for carers in understanding and responding to depression in their clients.

Depression in older age: A scoping study

2009

For older people, depression is often associated with conditions such as physical disability and anxiety, that exacerbate the distress they and their carers experience.

Specialist mental health consultation in the treatment of depression in nursing home residents with dementia

2009

Findings of an earlier investigation indicated that many recipients of aged residential care experience severe depression. Despite the pressing need for treatment, mainstream aged care facilities appear to be ill-equipped to provide this service.

Caring for the depressed elderly in the emergency department: Establishing linkages between sub-acute, primary and community care

2007

The project investigated depression in elderly people who present at emergency departments (ED) with complex physical health and social problems.

Depression management and prevention of suicide amongst the elderly in general practice (DEPS-GP)

2007

In Australia and other Western countries, older adults are the fastest-growing segment of the population. While this dramatic demographic change is a desirable and welcome phenomenon, the social, financial and health consequences of an ageing society cannot be ignored.

Recognising and screening for depression among older people living in residential care

2007

The prevalence of depression is much higher among elderly people living in aged care accommodation than it is amongst their peers living in the community.

Regenerate: A strength-training program to enhance the physical and mental health of chronic post-stroke patients with depression

2007

People commonly experience depression following a stroke, with implications for prognosis and recovery.

beyond maturityblues – COTA Peer Education Pilot Program

2006

Research has shown that older people are less likely to know about depression, less likely to consider it an illness or disability and are less likely to seek treatment than other age groups.

maturityBlueprint – A training program for the professional staff of Baptcare

2006

On average, one in five people will experience depression in their lifetime; one in four women and one in six men. There are significant risk factors and signs of depression among older people living in their own homes, with 50 per cent of people showing signs of depression prior to admission to an aged care facility.

Recognising and screening for depression among older people living in residential care

2006

Depression is a serious, widespread, yet treatable medical condition that affects the health and quality of life of older people living in residential care.

Rural carers online: A feasibility study

2006

This project was a small-scale study examining the feasibility of undertaking a larger randomised controlled trial of a computer intervention, which aimed to reduce social isolation and depression amongst older carers.

The Beyond Blue Training Program for Professional Carers in Recognising Late-Life Depression

2006

Late-life depression has become a major public health problem, leading to suffering among older people and burdening those who care for them. This serious but treatable medical condition results in substantial health care and social costs to the community.

The Feasibility of a GP-Led Screening Intervention for Depression among Nursing Home Residents

2005

The prevalence of depression is much higher among elderly people living in aged care accommodation than it is amongst their peers living in the community.

UPLIFT: Using Physical Activity to Promote Well-being in Older People

2005

Depression is a disabling, prevalent condition. Physical activity programs may assist depression management in older people, ameliorate co-morbid conditions and reduce the need for antidepressants.

Perinatal depression and anxiety

SMS4dads

2016

This study was conducted to develop and test an SMS-based messaging system for new fathers to deliver links to tailored information and resources, track their mood and respond to signs of significant distress, connect them to services when required, and connect them to other dads facing similar challenges.

Evaluation of Perinatal Resources

2015

As Beyond Blue moves forward, the need exists to evaluate Beyond Blue's suite of perinatal mental health information resources. The evaluation will inform Beyond Blue on the future development and delivery of resources, as well as provide a measure of the program's performance.

Healthy Dads? The challenge of being a new father

2015

A heightened vulnerability to psychological distress during the perinatal period is well recognised for expectant and new mothers. Increasingly, however, this period is also understood as a time of significant risk for mental health problems for fathers.

Pilot study on postnatal depression in refugee communities

2012

It is widely acknowledged that people from refugee backgrounds experience significant distress related to pre-migration life events and experiences of resettlement. Depression and anxiety are often cited as being experienced in higher rates by these people compared with the majority population (DHS, 2008).

New parents' views about the prevention of postnatal depression and anxiety with a new internet resource

2011

'What Were We Thinking' (WWWT) is a structured, evidence-based psycho-educational program addressing two modifiable risks for perinatal mental health problems in women; management of unsettled infant behaviour and renegotiation of roles and needs in the intimate partnership.

Pregnancy and early parenthood

Feasibility study: Perinatal peer-peer storytelling project

2017

Self-stigma is an issue for many new mothers experiencing psychological distress during the perinatal period, which can act as a barrier for them to seek the support they need for reasons like a 'fear of being judged that they might not be coping as a parent'.

This project aims to test the feasibility of peer-peer storytelling model to address self-stigma and increase help seeking behaviours amongst new mothers.

Baby Steps: Promoting perinatal mental health and wellbeing. Development and evaluation of screening and intervention programs for both parents, using the internet and text messages (SMS)

2016

Perinatal depression rates in mothers are high (15-20 per cent) and the negative repercussions of this disorder are substantial. Impacts on fathers are less recognised, despite comparable depression rates. New

parents cite many barriers to accessing conventional mental health programs, including time, accessibility and cost. Self-guided digital interventions may remove these barriers. This project aimed to develop and test the Baby Steps web program to support the wellbeing of new fathers and mothers.

SMS4dads

2016

This study was conducted to develop and test an SMS-based messaging system for new fathers to deliver links to tailored information and resources, track their mood and respond to signs of significant distress, connect them to services when required, and connect them to other dads facing similar challenges.

Early intervention to protect the mother-infant relationship following postnatal depression – A randomised controlled trial

2015

The project will evaluate a targeted intervention that has the potential to improve developmental outcomes of children of depressed mothers through improving the quality of mother-infant interactions, parenting stress and maternal feelings of attachment to the infant. It is also likely that this intervention will result in further improvements in maternal mood and self-efficacy.

Healthy Dads? The challenge of being a new father

2015

A heightened vulnerability to psychological distress during the perinatal period is well recognised for expectant and new mothers. Increasingly, however, this period is also understood as a time of significant risk for mental health problems for fathers.

Maambart Maam. My father.

2015

It is well documented that, in comparison to other Australians, Aboriginal and Torres Strait Islander people experience significantly higher rates of depression, social isolation, chronic health problems across all of the national health priority areas and social disadvantage. This project explored the mental health of Aboriginal male carers during the perinatal period, through an Aboriginal male lens.

Maternal and infant outcomes following antidepressant exposure in pregnancy

2014

This project tested whether antidepressant treatment in pregnancy effectively reduces the incidence of depression at three months postpartum, when compared to an untreated antenatally depressed group and improves mother-infant interaction at three months of age.

The impact of pregnancy and early fatherhood on Australian men's mental health

2014

This project identified the impacts of pregnancy and early fatherhood (first year) on men's mental health (depression and anxiety).

Web-based cognitive behavioural therapy for women with postnatal depression

2014

Through a successful international collaboration, the researchers have developed an interactive, web-based treatment targeted to women with postnatal depression (PND). The results from this study show that the fully developed online program, MumMoodBooster, is an effective treatment option for women with clinically diagnosed with PND.

The MOSAIC Program (MOthers' Advocates in the Community)

2009

Depression is closely linked to the incidence of partner violence. The period during pregnancy is a particularly high-risk time. There is evidence of the benefits of social support, home visiting and mentoring for the mental health of mothers, especially in disadvantaged communities.

What Australians know about perinatal depression and anxiety – Beyond Blue Perinatal Monitor

2009

In late 2009, Beyond Blue conducted a national survey to investigate how the Australian community perceives perinatal (ante and postnatal) depression and anxiety conditions. The purpose of the research is twofold. Firstly, it provides important insights and information which will inform campaign messages across sections of the community and health professionals. Secondly, the survey produces important baseline data against which progress of the initiative can be monitored over time.

Toward Parenthood: An antenatal self-help intervention for depression, anxiety & parenting difficulties

2008

This project further developed an initial pilot study funded by Beyond Blue. Towards Parenthood is a program to prepare new parents for parenthood, through addressing areas of adjustment not covered in most existing antenatal classes.

Models of Care: Evaluating a Best Practice Model for Treating Postnatal Depression

2007

Despite the high prevalence of postnatal depression (10%) women rarely seek help. Moreover the interface between primary care, general medical and specialist mental health systems for women is poor.

Substance Using Mothers and depression – A Multi professional Intervention (SUMMIT)

2007

The SUMMIT pilot study aimed to build on the existing service framework in Melbourne by developing a collaborative, integrated, women-centered intervention for reducing depression (including postnatal depression) among maternal drug users, using triangulated data gathered from interviews with service providers and consumers, case studies, the views of an expert panel and a review of the literature.

Optimising emotional health during pregnancy and early parenthood: Improving access to help for women with perinatal depression

2006

Recent evidence suggests that although strategies exist to identify mothers with emotional distress, many women still face significant barriers when attempting to access appropriate services and support.

A brief psycho educational intervention to prevent the development of depression in anxious first-time mothers of newborns

2005

Depression and anxiety in mothers of newborns are recognised as a significant public health problem in Australia. In the research into women admitted to residential early- parenting programs, two previously unaddressed risk factors for postpartum depression which occur after childbirth were identified.

Beyond Blue Postnatal Depression Research Program

2005

This program focused on initiating much needed improvements in healthcare for women delivering babies in Australia. The aim was to address and improve outcomes for women and their families who were experiencing antenatal or postnatal depression and anxiety and introduce a prevention and early intervention approach.

Prevention

Prevention and early intervention for adults with mild to moderate depression

2018

This review considered what supports were available for adults with depression and/or anxiety, with a particular focus on supports that were available digitally

Regulations and legislation to reduce discrimination for people with depression, anxiety or who experience suicidality

2018

This review considered how legislation and regulation could be used to better support people and reduce the impact of discrimination on those who experience a mental health condition.

Men's social connectedness

2014

Social isolation and loneliness are now widely accepted as risk factors for depression and anxiety. Conversely, social connectedness and good interpersonal relationships are considered protective factors that have a positive impact on mental (and general) health and well-being. This project found that poor social connectedness is a significant issue for many men in their middle years.

PTSD (Post traumatic stress disorder)

The Ripple Effect

2015

The Ripple Effect is a digital intervention designed to unite males from Australia's community of farming, aged 30-64, affected by suicide by providing a peer-supported environment where farmers can share their experiences, learn from each other and build knowledge and skills to assist them through their challenges.

Recovery

Automated longitudinal monitoring to predict and counter relapse in bipolar disorder: A pilot investigation of effectiveness

2009

In Australia bipolar disorder affects approximately 1.3 per cent of people at some point in their lifetime. Early identification of changes in behaviour is important in preventing relapse of the condition.

Consumer experiences of treatment for depression: pathways to recovery

2005

This study examined how people experience mental health care, specifically 'shared care'. Shared care refers to care given by more than one provider in ways other than the traditional referral model.

Staying Well with bipolar disorder

2005

This project examined factors that enable people with bipolar disorder (also known as manic depression) to stay well.

Related disorders

The Family Business: Improving the understanding and treatment of post traumatic stress disorder among incarcerated Aboriginal and Torres Strait Islander women

2014

Aboriginal and Torres Strait Islander women are vastly over-represented in prisons and, compared to the community, suffer extraordinarily high rates of post traumatic stress disorder (PTSD).

Body image, eating disorders and depressive symptom outcomes following a school-based body image prevention intervention: a one year follow-up study

2013

The researchers aim to examine the impact on body image, eating disorder and depressive symptoms of an enhanced version of Happy Being Me, for year 7 and 8 girls, over a one year period.

Development of an online interactive depression risk assessment and tailored preventive intervention for healthy young people at high genetic risk of depression or bipolar

2013

This study aims to develop the first online depression risk assessment and tailored psycho-education and CBT-based preventive intervention (The online Depression Intervention) tailored to individual risk factors of young people aged 18 to 24 with a high genetic risk for an affective disorder (major depressive disorder and/or bipolar disorder).

Revision of the Australian Guidelines for the Treatment of Adults with Acute Stress Disorder and Posttraumatic Stress Disorder

2013

This grant provides additional support to the Australian Centre for Posttraumatic Mental Health to update and revise the Australian Centre for Posttraumatic Mental Health Guidelines for the Treatment of Adults with Acute Stress Disorder (ASD) and Posttraumatic Stress Disorder (PTSD) to ensure they remain current and are based on the best available and most recent evidence.

Beyond Blue to Green: The Health Benefits of Contact with Nature in a Park Context – Literature Review

2010

There is growing evidence that access to the natural environment improves health and well-being, prevents disease and helps people recover from illness.

Automated longitudinal monitoring to predict and counter relapse in bipolar disorder: A pilot investigation of effectiveness

2009

In Australia bipolar disorder affects approximately 1.3 per cent of people at some point in their lifetime. Early identification of changes in behaviour is important in preventing relapse of the condition.

Looking beyond dual diagnosis: young people speak out

2009

This research project invited 23 people with substance use and mental health issues to speak about their experiences of youth alcohol and other drugs (AOD) and mental health services, and to share their ideas about how to make these services more effective.

Eating Disorders with Comorbid Depression and Anxiety – Literature Review

2008

The report provides a descriptive summary of key literature on concurrent eating disorders and depression/anxiety, including systematic reviews.

Risk and protective factors, depression and co-morbidities in problem gambling

2008

This project aimed to identify risk and protective factors for problem gambling, with an emphasis on depression and other mental health co-morbidities.

A self-management therapy treatment package for people with bipolar-affective disorder

2007

This project aims to evaluate the effectiveness of a Collaborative Therapy self-management package for people with bipolar disorder. The project is conducted in three phases.

MoodSwings: An online intervention for bipolar affective disorder

2007

MoodSwings is an online intervention for bipolar disorder (www.moodswings.net.au) based on the Moodswings and Bipolar Therapy Group Project (MAPS). A series of sequential modules covers a range of psychological strategies for managing bipolar disorder in conjunction with medication.

A self-management treatment package for people with bipolar-affective disorder

2006

Bipolar disorder is a chronic, recurring condition which is characterised by periods of elevated, high or irritable mood (mania or hypomania) and depressed mood. Whilst medication is helpful in managing symptoms of bipolar disorder, many people continue to experience on-going symptoms which impact on their ability to function in daily life.

Models of collaboration between general practitioners and psychologists in the delivery of cognitive behavioural treatment for obsessive-compulsive disorder

2006

Obsessive Compulsive Disorder (OCD) occurs when people have ongoing unwanted/intrusive thoughts and fears that cause anxiety – often called obsessions. These obsessions make people feel they need to carry out certain rituals in order to feel less anxious and these are known as compulsions.

Staying Well with bipolar disorder

2005

This project examined factors that enable people with bipolar disorder (also known as manic depression) to stay well.

The impact of living with bipolar disorder

2002

The research sought to explore the lived experience of bipolar disorder and gain a level of understanding of the impact of bipolar disorder on individuals, family and the community.

The impact of living with eating disorders – carers' perspectives

2002

Qualitative research was undertaken to explore the experience of living with a person with an eating disorder in order to gain insight into the impact of this experience on primary carers and the family.

Rural

The efficacy of the Nothing Ventured Nothing Gained online adolescent and parent mental health program for the prevention of depression, anxiety and other adverse mental health problems in rural adolescents with Type 1 diabetes

2013

Studies have shown that co-morbid depression and anxiety in adolescents with Type 1 Diabetes (T1 D) is associated with poorer adjustment and metabolic control, and more frequent hospitalisation.

xTEND: eXtending Treatments, Education and Networks for Depression

2013

This project aims to examine the association between social factors and relationship breakdown with depression and suicidal intention in rural communities. It will analyse existing datasets and use learnings and experiences gained from other local studies to design the pilot intervention.

Evaluation of The Shed Online

2012

The Shed Online is a public health initiative developed by Beyond Blue with the Australian Men's Shed Association (AMSA) and funded by the Movember Foundation.

Farming Fit?: Depression and obesity in farm men and women

2012

Recent studies indicate that rural and regional Australians have a higher likelihood of suffering a mental disorder throughout their lifetime than people living in major cities (AIHW, 2010), although the reasons underlying this imbalance are yet to be well defined.

Blood cancer survivors and support persons: A national survey of rural/urban unmet needs and psychological disturbance

2011

With increased survival rates for cancer, increased longevity, and the ageing of the population in Australia, the number of cancer survivors is growing. Research attests to significant unmet needs and psychological disturbance, not only for cancer survivors but also their support persons.

Building children's resilience in fire affected communities

2011

This research project was implemented in response to the disastrous Victorian bushfires of 2009. There was a need to develop ways to rapidly disseminate resiliency principles to those who had been affected by the disaster as well as training for professionals in the management of clinical responses to trauma.

The acceptability and effectiveness of a system-based approach to reducing CV risk, including depression and lifestyle risk factors, in rural and remote general practices: A randomised, controlled trial

2011

Cardiovascular disease (CVD) is associated with physiological factors and lifestyle behaviours such as smoking, inappropriate alcohol consumption, unhealthy diet and physical inactivity.

Experiences and needs of cardiac patients with depression in regional and rural Victoria: A qualitative study

2010

Previous research demonstrates that many patients with coronary heart disease (CHD) experience depressive symptoms during or after hospitalisation for an acute coronary event. Patients with depression tend to recover more slowly and have other complications after their cardiac event.

Motivational interviewing-based health coaching as an early intervention for the prevention of depression in Type II diabetes and cardiovascular disease in an Australian regional and rural population

2010

Seventy-five percent of Australians have at least one chronic illness: approximately 50 per cent of these will experience depression (AIHW, 2006).

An investigation into the effectiveness of the Beyond Blue National Rural Workforce Training Program delivered through a Primary Care Partnership in rural Victoria

2009

This project aimed to investigate the effectiveness of community workshops for increasing knowledge and awareness of depression in rural areas, especially drought-affected rural areas.

Does Interpersonal Psychotherapy improve clinical care for adolescents with depression attending a rural child and adolescent mental health service?

2009

This project aimed to determine the impact of clinician training on treatment content and outcomes for adolescents presenting with a depressive disorder to a rural Child and Adolescent Mental Health Service (CAMHS).

Evaluating evidence-based treatment of depression in adolescents using Acceptance and Commitment Therapy (ACT) delivered in rural/regional services

2009

Acceptance and Commitment Therapy (ACT) is a form of treatment for depression which has been used with adults and shows promise for adolescents. It engages an individual with new tasks, which allows them to discuss and experience their behaviour in new ways and expand their range of learned thought patterns.

Type 1 diabetes as a risk factor for depression and other adverse outcomes for young people in rural Australia

2009

There is growing evidence to support strong links between Type 1 diabetes and poor psychological health, such as depression and anxiety. Preliminary evidence suggested that regional youth with Type 1 diabetes potentially face poorer mental health outcomes than their urban counterparts.

Time for a future: effective treatment of depressed youth in urban and rural primary care settings

2007

This project compared three treatments for adolescent depression – Cognitive Behaviour Therapy (CBT), antidepressant medication (sertraline) with supportive counselling, and a combination of CBT and sertraline – to determine the most effective treatment.

Rural carers online: A feasibility study

2006

This project was a small-scale study examining the feasibility of undertaking a larger randomised controlled trial of a computer intervention, which aimed to reduce social isolation and depression amongst older carers.

Depression in farmers and farming families

2004

It is well recognised that farming is a physically and psychologically-demanding occupation (Deary et al., 1997). In Australia, farming is now characterised by high rates of stress (Gray & Lawrence, 1996), injury and suicide (Page & Fragar, 2002). Understanding and developing interventions to promote mental health in farming communities is a matter of urgency.

Schools

Children's Resilience Research Project

2017

This research examines how resilience can be fostered in children aged 0-12 years, and has been translated into a practice guide for professionals who work with children, parents and families.

Body image, eating disorders and depressive symptom outcomes following a school-based body image prevention intervention: a one year follow-up study

2013

The researchers aim to examine the impact on body image, eating disorder and depressive symptoms of an enhanced version of Happy Being Me, for year 7 and 8 girls, over a one year period.

Effective management of school refusal and childhood anxiety as a community-based early intervention to prevent subsequent depression: A randomised comparative treatment study

2009

The aim was to investigate whether combined Cognitive Behaviour Therapy (CBT) and antidepressant medication treatment of young people who refuse to go to school (aged 11 to 15.5 years), particularly those with co-morbid depression, improved their response to treatment and longer term outcome.

KidsMatter Primary Evaluation

2009

This project is an evaluation of the national pilot of KidsMatter: the Australian Primary Schools Mental Health Initiative.

Beyond Blue Secondary Schools Research Initiative (bbSSRI)

2007

The Australian National Survey of Mental Health and Wellbeing reported the prevalence of depression among young people to be 3.7%. Of concern was that only a small proportion of those young people with depression had received professional help for their problems (Sawyer et al., 2000).

Young people's responses to emotional distress

2005

To better understand what young people do when they are distressed and the extent to which these behaviours ameliorate or exacerbate their distress, effective, innovative, and in particular, youth-friendly methods of capturing young people's experiences need to be developed.

Suicide prevention

Programs and services for suicide prevention

2018

This review aimed to identify successful programs and services for suicide prevention.

Suicide Prevention Research and Campaign

2017

This research provides vital new information about public perceptions of suicide and their ability or willingness to respond to suicide risk. This will inform future public communications, policies and strategies to reduce suicide.

Fatal suicidal behaviours in LGBT populations

2015

This study seeks to better understand the factors that contribute to fatal and non-fatal suicidal behaviours in LGBT populations.

Identification and analysis of health service and pathways to health services contact amongst persons who suicided in Victoria, 2009-2010

2015

This report examined all suspected suicides reported to the Coroners Court of Victoria in 2009 and 2010, to identify the types of contacts that people had with Victorian health services in the lead-up to their deaths.

The Ripple Effect

2015

The Ripple Effect is a digital intervention designed to unite males from Australia's community of farming, aged 30-64, affected by suicide by providing a peer-supported environment where farmers can share their experiences, learn from each other and build knowledge and skills to assist them through their challenges.

Doing what comes naturally: Investigation of positive self-help strategies used by men to prevent depression and suicide

2014

Suicide is the 10th most common cause of death for Australian males, with proportionally higher rates in young men, displaced and separated men, unemployed men, men with physical illnesses and men with mental health disorders, particularly depression.

Men's experiences with suicidal behaviour and depression

2014

Suicide has a devastating impact on individuals, families and communities and the evidence suggests that most suicides are largely preventable. The aim of the project is to understand the experience of depression and suicide in men and what contributes to taking action, or not taking action, during a suicidal crisis.

Social isolation in older adults

2014

A growing challenge facing Australia is how to ensure the physical and mental health, and wellbeing of Australians as they age. Beyond Blue commissioned this research project to scope evidence-based recommendations for the 3+ million Australians over 65 years of age.

Community and population-based interventions to reduce stigma associated with depression, anxiety and suicide: a rapid review

2013

The aim of this review is to examine the evidence of effectiveness of community and population-based interventions to reduce stigma associated with depression, anxiety and suicide.

Ensuring guideline-concordant monitoring of suicidal thinking and behaviour after initiation of antidepressant treatment in 12-to 25-year-olds with depression

2013

Initial pilot testing outcome data will allow the researchers to undertake item reduction to ensure the tool is as simple and quick as possible to complete, while still providing useful information to clinicians about suicidal ideation and behaviours, depression symptom severity and adverse effects.

Men's Help Seeking Behaviour

2012

Beyond Blue is seeking to build on its knowledge about men's behaviours and the influences which may cause them to seek or not seek out information and help about depression and anxiety.

Depression management and prevention of suicide amongst the elderly in general practice (DEPS-GP)

2007

In Australia and other Western countries, older adults are the fastest-growing segment of the population. While this dramatic demographic change is a desirable and welcome phenomenon, the social, financial and health consequences of an ageing society cannot be ignored.

Exploring Melbourne's hidden epidemic: Medication overdose, depression and their management by first responders

2006

Currently, little is known about the treatment pathways and outcomes for people who survive non-fatal medication overdoses.

Reducing Suicide in Men through general practice – The SIM Study

2006

Managing suicidal ideation in men is a crucial health issue in Australia, and additional training for GPs is one potential avenue for reducing suicide rates. The Suicide in Men (SIM) study involved designing, utilising and evaluating a training package for GPs titled, Reducing Suicide in Men through General Practice, which would assist them in detecting and managing suicidal ideation in men.

Treatment

Cognitive control training for treatment resistant depression: Application, evaluation and augmentation

2015

With a lifetime prevalence of between 15 and 21 per cent, major depressive disorder (MDD) is one of the most common of all mental illnesses.

A randomised controlled trial of magnetic seizure therapy in major depressive disorder

2014

Electroconvulsive therapy (ECT) remains the only established therapy for the large percentage of patients with depression who fail to respond to standard treatments. The researchers compared the effects of a new type of depression treatment, Magnetic Seizure Therapy (MST), to ECT in a group of participants diagnosed with treatment resistant depression.

Right choice, right time: Supporting young people to make evidence-based, preference-sensitive decisions about treatment for mild, moderate and severe depression

2014

This pilot study aims to develop a decision aid to support young people to make decisions about treatment for depression. This decision aid details suitable treatment options taken from the evidence-based Beyond Blue Clinical Practice Guidelines for depression in adolescents and young adults (bbCPG).

The fish oil youth depression pilot study – A randomised, double blind, placebo-controlled trial

2014

This project aim is to test the feasibility and the therapeutic effects of a 12-week randomised, placebo-controlled treatment trial of 1.4 grams/day (four capsules) omega-3 PUFA in 50 young people aged 12-25 years who are experiencing moderate depressive symptoms.

Ensuring guideline-concordant monitoring of suicidal thinking and behaviour after initiation of antidepressant treatment in 12-to 25-year-olds with depression

2013

Initial pilot testing outcome data will allow the researchers to undertake item reduction to ensure the tool is as simple and quick as possible to complete, while still providing useful information to clinicians about suicidal ideation and behaviours, depression symptom severity and adverse effects.

Revision of the Australian Guidelines for the Treatment of Adults with Acute Stress Disorder and Posttraumatic Stress Disorder

2013

This grant provides additional support to the Australian Centre for Posttraumatic Mental Health to update and revise the Australian Centre for Posttraumatic Mental Health Guidelines for the Treatment of Adults

with Acute Stress Disorder (ASD) and Posttraumatic Stress Disorder (PTSD) to ensure they remain current and are based on the best available and most recent evidence.

Does regular Tai Chi practice improve depression and metabolic syndrome for depressed adults at risk of developing cardiovascular diseases?

2012

Tai Chi has been used for chronic disease management in traditional Chinese medicine for more than 2,000 years and it is also claimed as a mind-body movement therapy.

A pilot study of the use of magnetic seizure therapy for treatment-resistant depression

2011

Electroconvulsive therapy (ECT) remains the only established therapy for the large percentage of patients with depression who fail to respond to standard treatments. It is commonly used but has substantial problems, including the occurrence of cognitive side effects that are often highly distressing for patients.

Beyond Ageing

2011

Beyond ageing: A randomised controlled trial of folic acid and vitamin B12, physical activity, mental health literacy for the indicated prevention of depression

Cognitive behaviour therapy for co-morbid chronic headache and depression

2011

Chronic headache is extremely common and can be very debilitating. This statement is true for both the major types of primary headache – migraine and tension-type headache. Chronic headache is associated with very high direct and indirect costs to society.

Deakin Family Options: A randomised controlled trial of enhanced cognitive therapy and family education for youth depression, anxiety and substance use

2011

This project builds on important previous clinical trials completed in 2010 with the support of Beyond Blue funding.

A clinical trial of family education and cognitive therapy for youth depression, anxiety and substance use (Deakin Family Options 1)

2010

The co-morbidity of anxiety and depression with substance abuse in young people represents a significant health problem that impacts on family, social and educational functioning.

A Program for early prevention and treatment of depression in people with intellectual disability: an extension and evaluation of a roll out into the community

2010

Research has demonstrated that individuals with intellectual disability are vulnerable to depression and their risk may be greater than for people in the general population.

What works for the treatment of depression in young people

2010

The project involved the development of a booklet, A guide to what works for depression in young people. The booklet covers medical, psychological, alternative and lifestyle treatments in relation to young people aged 14 to 25 years and reviews the scientific evidence for each treatment.

Does Interpersonal Psychotherapy improve clinical care for adolescents with depression attending a rural child and adolescent mental health service?

2009

This project aimed to determine the impact of clinician training on treatment content and outcomes for adolescents presenting with a depressive disorder to a rural Child and Adolescent Mental Health Service (CAMHS).

Evaluating evidence-based treatment of depression in adolescents using Acceptance and Commitment Therapy (ACT) delivered in rural/regional services

2009

Acceptance and Commitment Therapy (ACT) is a form of treatment for depression which has been used with adults and shows promise for adolescents. It engages an individual with new tasks, which allows them to discuss and experience their behaviour in new ways and expand their range of learned thought patterns.

Improving Access to Psychological Therapies

2009

Only 35 to 40 per cent of Australians with the high prevalence disorders depression and anxiety appear to adequately access appropriate services.

A Randomised Controlled Trial of a Letter Intervention in Primary Care Patients to Improve Depression and Anxiety Disorders

2008

The Inner South East Primary Mental Health Team (PMHT) provides one-off psychiatric assessments to patients referred by GPs for diagnostic clarification and treatment recommendation. The outcomes of the assessment are communicated to the GP by means of an assessment letter.

e-couch – a tailored internet-based cognitive behaviour therapy and information program

2008

e-couch is an interactive, online, self-help program with modules for depression, generalised anxiety and worry, social anxiety, relationship breakdown, and loss and grief.

A 3-8 year follow-up of adolescents treated for depression and their families: Predictors of treatment outcome

2007

Research evidence suggests a short-term effectiveness of treatments such as Cognitive Behaviour Therapy (CBT), supportive psychotherapy, antidepressant drug therapy and a combination of CBT and antidepressant drug therapy for the treatment of depression in adolescents.

A pragmatic trial of a “stepped care” intervention for people with depression and cardiac failure

2007

Depression is common in people with chronic heart disease and is associated with poorer outcomes. Chronic disease combined with depression and/or social isolation requires complex interdisciplinary management systems involving primary, secondary and tertiary level care.

Evaluation of an Internet-based therapy for panic disorder in general medical practice

2007

Panic disorder (PD) is one of the most common anxiety disorders seen in general practice, but provision of evidence-based cognitive behavioural treatment is rare. Many Australian GPs are now trained to deliver focused psychological strategies but in practice this is time-consuming and costly.

MoodSwings: An online intervention program for bipolar affective disorder

2007

MoodSwings is an online intervention for bipolar disorder based on the Moodswings and Bipolar Therapy Group Project (MAPS). A series of sequential modules covers a range of psychological strategies for managing bipolar disorder in conjunction with medication.

Primary Care Evidence Based Psychological Interventions (The PEP Study)

2007

The aim of the study was to evaluate the impact of GP training in Cognitive Behavioural Therapy (CBT) Skills using a randomised controlled design.

Time for a future: effective treatment of depressed youth in urban and rural primary care settings

2007

This project compared three treatments for adolescent depression – Cognitive Behaviour Therapy (CBT), antidepressant medication (sertraline) with supportive counselling, and a combination of CBT and sertraline – to determine the most effective treatment.

A self-management treatment package for people with bipolar-affective disorder

2006

Bipolar disorder is a chronic, recurring condition which is characterised by periods of elevated, high or irritable mood (mania or hypomania) and depressed mood. Whilst medication is helpful in managing symptoms of bipolar disorder, many people continue to experience on-going symptoms which impact on their ability to function in daily life.

Depression in people with intellectual disability: An evaluation of a staff administered treatment program

2006

People with intellectual disability (ID) have a higher prevalence of depression than the general population. ID is often accompanied by impaired communication, especially in cases of severe ID.

Models of collaboration between general practitioners and psychologists in the delivery of cognitive behavioural treatment for obsessive-compulsive disorder

2006

Obsessive Compulsive Disorder (OCD) occurs when people have ongoing unwanted/intrusive thoughts and fears that cause anxiety – often called obsessions. These obsessions make people feel they need to carry out certain rituals in order to feel less anxious and these are known as compulsions.

Consumer experiences of treatment for depression: pathways to recovery

2005

This study examined how people experience mental health care, specifically 'shared care'. Shared care refers to care given by more than one provider in ways other than the traditional referral model.

The Whole Person Model: an investigation into the effectiveness of CBT Group on anxiety and depression

2005

People with chronic physical conditions often have a high prevalence of mental health disorders, which can increase morbidity and healthcare costs. However, there are barriers to integrating non-pharmacological, evidence-based treatment for co-morbid chronic physical and mental illnesses.

Universities

CyberPsychiatry – Tertiary Self-Help Follow-up Study for Depression and Related Problems

2008

The prevalence of mental health disorders in the overall Australian population is highest (27 per cent) in young adults aged 18 to 24 years, yet only four in ten people with diagnosable behavioural or mental disorders seek help from a health professional.

Women

Ginkgo biloba preserves cognitive function in women treated with adjuvant chemotherapy for early breast cancer: A double-blind, placebo-controlled, randomised phase III trial

2015

Up to 70 per cent of breast cancer survivors report cognitive symptoms after chemotherapy and around 30 per cent have cognitive impairment on formal neuropsychological (NP) testing.

Rainbow Women's Help Seeking Behaviour Research

2015

This study seeks to better understand the preferences and methods of help seeking by 'rainbow women' in order to target their mental health promotion efforts more effectively.

Meeting the education and support needs of women with breast cancer who are referred for radiotherapy: A multiple-baseline study

2014

Evidence-based recommendations report that 83 per cent of breast cancer patients should receive radiotherapy at some stage during their illness.

The Family Business: Improving the understanding and treatment of post traumatic stress disorder among incarcerated Aboriginal and Torres Strait Islander women

2014

Aboriginal and Torres Strait Islander women are vastly over-represented in prisons and, compared to the community, suffer extraordinarily high rates of post traumatic stress disorder (PTSD).

Development and evaluation of an online psychological intervention for partners of men with prostate cancer

2013

This project targets partners of men who have been diagnosed with prostate cancer. As prostate cancer affects men who are usually over the age of 65, this project will target partners in this age range also – namely older people. The term 'partner' refers to any person who is in an intimate or marital relationship with the man who has been diagnosed with prostate cancer.

The ALICE study: Alcohol and lesbian/bisexual women – insights into culture and emotions

2013

Australian lesbian, bisexual and same-sex attracted women (sexual minority women), when compared with heterosexual women, are at higher risk of drinking harmful amounts of alcohol and of having depression or anxiety.

A nurse led psychosocial intervention with peer support to reduce psychosocial needs in women with gynaecological cancer

2011

Radiotherapy is a common treatment for gynaecological cancer (GC) and has many distressing side-effects, including diarrhoea, abdominal cramps, bladder dysfunction, menopause, infertility and sexual dysfunction, which impact on psychosocial functioning and intimate relationships.

Mindfulness interventions for men with prostate cancer and their partners

2010

This project piloted a mindfulness group intervention 'Living with Advanced Prostate Cancer' for men with advanced prostate cancer.

**Prevalence and correlates of depression among Australian women: A systematic literature review
January 1999 – January 2009**

2010

Beyond Blue commissioned the Priority Research Centre for Gender, Health, and Ageing (PRCGHA) at the University of Newcastle to undertake a review of Australian literature that pertained to women and depression.

Depression and CVD in a cohort of middle aged Australian women

2009

The relationship between cardiovascular disease (CVD) and depression is complex. Depression has been recognised as a common co-morbid condition with CVD and has been associated with poorer outcomes for patients with myocardial infarction, coronary artery bypass surgery and atherosclerosis.

The MOSAIC Program (MOTHERS' Advocates in the Community)

2009

Depression is closely linked to the incidence of partner violence. The period during pregnancy is a particularly high-risk time. There is evidence of the benefits of social support, home visiting and mentoring for the mental health of mothers, especially in disadvantaged communities.

The impact of antidepressants on men and their partner's sexual desire, sexual functioning and intimate relationship

2008

The impact of depression in men on relationships includes issues relating to emotional and physical well-being. Side effects can include sexual dysfunction and reduced libido.

Substance Using Mothers and depression – A Multi professional Intervention (SUMMIT)

2007

The SUMMIT pilot study aimed to build on the existing service framework in Melbourne by developing a collaborative, integrated, women-centered intervention for reducing depression (including postnatal depression) among maternal drug users, using triangulated data gathered from interviews with service providers and consumers, case studies, the views of an expert panel and a review of the literature.

Women's Experience of Abuse and Violence Care in General Practice: A consumer evaluation of guidelines (WEAVE)

2007

WEAVE aimed to explore women's views and experiences of how general practitioners (GPs) should manage partner abuse for the whole family. Despite the high association of mental health issues with partner abuse, there is limited information on how GPs should manage partner abuse.

The development and evaluation of an intervention aimed at improving the mental health of a group of refugee women presenting to the Royal Women's Hospital

2006

This project aimed to evaluate the cultural appropriateness of two mental health interventions within an obstetric hospital setting. The study involved Iraqi-born women who were undergoing obstetric care at the Royal Women's Hospital and their husbands.

Workplace

Integrated workplace mental health promotion for the prevention and management of mental illness in the workplace: A controlled experimental intervention study

2014

This study proposes to plan, implement, and evaluate an integrated job stress and mental health literacy intervention in a predominantly male, blue-collar work setting.

Workplace bullying in Australia

2014

This study investigated workplace bullying in Australia, as well as ways to prevent and manage workplace bullying.

Implementing best practice guidelines for return to work after an episode of anxiety or depression

2012

The researchers developed a website, returntowork.workplace-mentalhealth.net.au, which aimed to assist organisations to implement best-practice guidelines in the area of returning to work (RTW) after an episode of anxiety or depression.

Labour market costs of mental illness in Australia

2012

It is well recognised that there are complex links between mental illness and labour market experiences. For example, episodes of unemployment, workplace transitions and highly stressful work environments are just some of the ways in which work can affect mental health.

Promoting employee mental health through the development of managers' psychological capital: A controlled field experiment

2012

This three-year project, promoted as the 'Business in Mind' program, evaluated a mental health promotion intervention in the small-to-medium business sector. The project was also funded by WorkCover Tasmania and the Australian Research Council and has the support of the Tasmanian Chamber of Commerce and Industry.

Work and depression/anxiety disorders – a systematic review of reviews

2012

A meta-review undertaken by the University of NSW to investigate the relationship between work and depression/anxiety disorders.

Workplace mental illness and substance use disorders in male-dominated industries: A systematic literature review

2012

A systematic literature review of primary research investigating the relationship between work and depression, anxiety and substance-use disorders in male dominated industries, undertaken by the National Centre for Education and Training on Addiction (NCETA) at Flinders University.

The Victorian building and construction industry help-seeking behaviours research project: Apprentices and young workers

2011

Beyond Blue funded Incolink – a Victorian-based organisation that provides support services to the building and construction industry – to conduct a two-year research project designed to examine help-seeking

behaviour for common mental health problems among young working men in the building and construction industry.

Psychosocial stressors at work: Relationships with depression and anxiety symptoms in a Victorian and an ACT Sample

2010

This study aimed to provide information for action paralleling these specific aims: To identify the demographic and work setting correlates of poor mental health (depression and anxiety) among working Australians in order to identify those groups and settings most urgently in need of intervention.

An investigation into the effectiveness of the Beyond Blue National Rural Workforce Training Program delivered through a Primary Care Partnership in rural Victoria

2009

This project aimed to investigate the effectiveness of community workshops for increasing knowledge and awareness of depression in rural areas, especially drought-affected rural areas.

Ensuring best practice in terms of seeking and maintaining employment for people with depression and related disorders: An evaluation of the Disability Open Employment Services program

2008

The study aimed to evaluate the Disability Open Employment Services (DOES), now termed the Disability Employment Network (DEN), developed by the Australian Federal Government to assist clients with health disabilities to seek and maintain employment.

Young people (12 to 25 years)

Children's Resilience Research Project

2017

This research examines how resilience can be fostered in children aged 0-12 years, and has been translated into a practice guide for professionals who work with children, parents and families.

SenseAbility Evaluation Summary Report

2017

Beyond Blue's SenseAbility program is an evidence-based program designed to build resilience in high school students.

Suicide prevention among young people: Testing an Internet-based program

2017

Suicide and suicide-related behaviour is a significant problem in young people, with nearly one-quarter of adolescents experiencing suicidal ideation within the past year. This study aims to test the efficacy of the youth-specific internet-based Reframe-IT program in reducing suicidal ideation, hopelessness and depression in school students.

Mood Mechanic: An open-trial, randomised controlled trial, and pragmatic evaluation of an internet-delivered intervention for reducing symptoms of depression and anxiety in young adults aged 18-24 years

2016

The aim of this project was to create, implement and evaluate a brief internet-delivered cognitive behavioural therapy (iCBT) treatment, the Mood Mechanic Course, for young people (aged 18 to 24 years) experiencing anxiety and depression.

Chronic sleep loss, depression and anxiety in adolescent males

2015

Adolescence is a complex developmental period, with a high prevalence of mental health problems, particularly depression. During adolescence, there is also a high incidence of poor sleep, including reduced sleep quality and quantity and high levels of daytime sleepiness.

From blues to rainbows: The mental health needs of young people with diverse gender

2015

This project uses the internet to collect data from a national sample of 200 gender diverse young people aged between 14 and 21, recruited through social networking sites and organisations which work with these young people.

Improving access to mental health services for young Australian males with anxiety problems

2015

Anxiety disorders are the most common mental health problems. Of those Australians with mental health disorders, adolescent males are the least likely to seek treatment.

'Bridging the Gap': Enhancing help-seeking for depression, anxiety and substance misuse among young migrants from culturally and linguistically diverse (CALD) backgrounds by empowering family members to be facilitators of help-seeking

2014

The primary aims of Bridging the Gap are to identify the barriers and facilitators to professional help-seeking for anxiety, depression and substance misuse for young migrants and to develop and pilot an innovative educational program that promotes help-seeking for anxiety, depression and substance misuse by educating and empowering family members to facilitate access to help for young people within their community.

'ReCaPTure LiFe': A phase II randomised trial of a psychological intervention to support adolescent and young adult cancer survivors

2014

Cancer is 2.1 times more likely to be diagnosed in adolescents and young adults (AYAs) than during the first 15 years of life – and the incidence is growing. Cancer complicates a life stage where coping skills are in their infancy and this can seriously impact a young person's long-term quality of life (QoL).

An evaluation of teen Mental Health First Aid: A program to train adolescents to better support their peers

2014

The teen Mental Health First Aid (teen MHFA) is a new three-hour training course for adolescents aged 16–18 years.

Fulfilling the vision of youth-friendly cancer care: How well are we meeting the psychosocial needs of adolescent and young adult patients?

2014

Adolescent and young adult (AYA) cancer services are in the early stages of development, both across Australia, and internationally.

Right choice, right time: Supporting young people to make evidence-based, preference-sensitive decisions about treatment for mild, moderate and severe depression

2014

This pilot study aims to develop a decision aid to support young people to make decisions about treatment for depression. This decision aid details suitable treatment options taken from the evidence-based Beyond Blue Clinical Practice Guidelines for depression in adolescents and young adults (bbCPG).

Study of Environment on Aboriginal Resilience and Child Health (SEARCH)

2014

Quantitative evidence on the social and emotional wellbeing of Aboriginal children is limited, particularly for those living in urban areas.

The fish oil youth depression pilot study – A randomised, double blind, placebo-controlled trial

2014

This project aim is to test the feasibility and the therapeutic effects of a 12-week randomised, placebo-controlled treatment trial of 1.4 grams/day (four capsules) omega-3 PUFA in 50 young people aged 12-25 years who are experiencing moderate depressive symptoms.

Body image, eating disorders and depressive symptom outcomes following a school-based body image prevention intervention: a one year follow-up study

2013

The researchers aim to examine the impact on body image, eating disorder and depressive symptoms of an enhanced version of Happy Being Me, for year 7 and 8 girls, over a one year period.

Deakin Family Options: Engaging youth with high prevalence mental health problems using family based interventions (DFO 3)

2013

Youth depression, anxiety and substance abuse are prevalent, distressing and costly problems impacting one in five young Australians. This collaborative project – called 'Deakin Family Options' – will evaluate a family-based intervention in order to broaden the therapeutic approaches used for young people and their families.

Development of an online interactive depression risk assessment and tailored preventive intervention for healthy young people at high genetic risk of depression or bipolar

2013

This study aims to develop the first online depression risk assessment and tailored psycho-education and CBT-based preventive intervention (The online Depression Intervention) tailored to individual risk factors of young people aged 18 to 24 with a high genetic risk for an affective disorder (major depressive disorder and/or bipolar disorder).

Ensuring guideline-concordant monitoring of suicidal thinking and behaviour after initiation of antidepressant treatment in 12-to 25-year-olds with depression

2013

Initial pilot testing outcome data will allow the researchers to undertake item reduction to ensure the tool is as simple and quick as possible to complete, while still providing useful information to clinicians about suicidal ideation and behaviours, depression symptom severity and adverse effects.

Evaluation of a tailored online same-sex attracted youth-focused trans-diagnostic mental health and wellbeing program 'Out and online'

2013

This project resulted in the development of the Out & Online program, one of the first online interventions specifically designed to be relevant for same-sex attracted young people.

Healthy Body, Healthy Mind: An exercise intervention for the treatment of youth depression

2013

One in five young people will experience depression. It can affect relationships, academic performance, increase the likelihood of harm through risk-taking behaviour and, in extreme cases, result in suicide.

Improving the delivery of health and wellbeing services to Indigenous youth in primary healthcare using a quality improvement approach

2013

Indigenous youth experience considerable health challenges, and particularly a high burden of mental illness, yet under-utilise health services and engage with healthcare at more chronic stages and for shorter periods in comparison to non-Indigenous youth.

Stop.Think.Respect campaign

2013

A national campaign that used a combination of advertising and real-life stories to prompt the Australian community (particularly teenage boys) to question their own attitudes and behaviour and raise awareness of the impact of discrimination towards the LGBTI community.

The acceptability and effectiveness of simple interventions in reducing mental health problems in help-seeking young people

2013

As the majority of mental disorders have their onset in youth, there is a clear imperative for early detection and the provision of early and effective interventions.

The efficacy of the Nothing Ventured Nothing Gained online adolescent and parent mental health program for the prevention of depression, anxiety and other adverse mental health problems in rural adolescents with Type 1 diabetes

2013

Studies have shown that co-morbid depression and anxiety in adolescents with Type 1 Diabetes (T1 D) is associated with poorer adjustment and metabolic control, and more frequent hospitalisation.

A longitudinal study of dietary risk factors for CVD (metabolic syndrome) and depression in adolescence

2012

The aims of this project are to investigate the complex relationships between the development of depression and cardiovascular disease (CVD) and determine the contributing effects of dietary intake.

Assisting young people with, or at risk of, mental illness: a longitudinal study of NSW Youth Health Services

2012

There are 14 youth health services in New South Wales, with each of these services being targeted towards disadvantaged young people, particularly those at risk of experiencing a housing crisis, mental illness, drug and/or alcohol misuse and involvement in the juvenile or adult justice systems.

Parenting to prevent adolescent depression and anxiety

2012

The aim of this research project is to develop guidelines for parents and carers on how to prevent depression and anxiety disorders in their adolescent and young adult children that can be widely promoted in the community and to some targeted groups.

Rites of Passage: A pilot study of an early intervention program for Aboriginal young people

2012

There is currently almost no evidence as to what works in improving Aboriginal child and adolescent mental health. The 'Rites of Passage' study set out to address this gap and pioneer the development of culturally appropriate intervention and support through an Aboriginal community-designed and led social and emotional wellbeing service.

Treating trauma in refugee youth: An Australian experience

2012

Aim and objectives: To conduct a pilot study of Trauma Focused Cognitive Behavioural Therapy (TF-CBT) for adolescents with refugee backgrounds with PTSD or trauma symptoms and to examine the cultural relevance of a CBT approach in refugee youth.

Building children's resilience in fire affected communities

2011

This research project was implemented in response to the disastrous Victorian bushfires of 2009. There was a need to develop ways to rapidly disseminate resiliency principles to those who had been affected by the disaster as well as training for professionals in the management of clinical responses to trauma.

Deakin Family Options: A randomised controlled trial of enhanced cognitive therapy and family education for youth depression, anxiety and substance use

2011

This project builds on important previous clinical trials completed in 2010 with the support of Beyond Blue funding.

A clinical trial of family education and cognitive therapy for youth depression, anxiety and substance use (Deakin Family Options 1)

2010

The co-morbidity of anxiety and depression with substance abuse in young people represents a significant health problem that impacts on family, social and educational functioning.

Evaluation of Coach the Coach Project

2010

The Coach the Coach (CTC) initiative was developed in response to suicides among young men in rural Victoria. The project aimed to boost awareness and knowledge of depression, anxiety and related disorders and support early help-seeking behaviour among young men in rural areas.

Evaluation of Indigenous Hip Hop projects

2010

Indigenous Hip Hop Projects (IHHP) is a team of hip hop and performing artists who work in Aboriginal communities around Australia. IHHP has worked with Beyond Blue to raise awareness among Indigenous communities, especially young people and young adults, about depression and anxiety, and to promote active, healthy lifestyles.

Improving self-efficacy – better outcomes for youth with depressive disorders

2010

Depressive disorders experienced during adolescence have a broad impact on the young person's development, peer and family relationships, physical health and academic performance. The most effective psychological treatment currently available is cognitive behavioural therapy, yet it has a response rate variably rated as between 50 to 70 per cent, meaning that an important minority are not receiving benefit from the existing best available treatments.

What works for the treatment of depression in young people

2010

The project involved the development of a booklet, A guide to what works for depression in young people. The booklet covers medical, psychological, alternative and lifestyle treatments in relation to young people aged 14 to 25 years and reviews the scientific evidence for each treatment.

Determining the effectiveness of a new model of care for young people with co-occurring depression and substance misuse

2009

This study tested the effectiveness of a new model of care – Brief Cognitive Behavioural Skill (BCBS) intervention – for young people with co-occurring depression/anxiety and substance misuse.

Does Interpersonal Psychotherapy improve clinical care for adolescents with depression attending a rural child and adolescent mental health service?

2009

This project aimed to determine the impact of clinician training on treatment content and outcomes for adolescents presenting with a depressive disorder to a rural Child and Adolescent Mental Health Service (CAMHS).

Effective management of school refusal and childhood anxiety as a community-based early intervention to prevent subsequent depression: A randomised comparative treatment study

2009

The aim was to investigate whether combined Cognitive Behaviour Therapy (CBT) and antidepressant medication treatment of young people who refuse to go to school (aged 11 to 15.5 years), particularly those with co-morbid depression, improved their response to treatment and longer term outcome.

Evaluating evidence-based treatment of depression in adolescents using Acceptance and Commitment Therapy (ACT) delivered in rural/regional services

2009

Acceptance and Commitment Therapy (ACT) is a form of treatment for depression which has been used with adults and shows promise for adolescents. It engages an individual with new tasks, which allows them to discuss and experience their behaviour in new ways and expand their range of learned thought patterns.

Improving the engagement detection and management of adolescent depression: Applying the mobile-type program to general practice settings

2009

The Mobile Tracking Young People's Experiences (mobiletype) program was developed to assist with the monitoring, treatment and management of mental health for young people aged 14 to 24 years.

Investigating the interaction between depression, tobacco and alcohol use in teenage Australians - can we identify a high risk group for poor outcome? A longitudinal study

2009

This project investigated the influence of sub-threshold depressive symptoms in combination with early onset substance use on the subsequent development of mental health problems in young people.

KidsMatter Primary Evaluation

2009

This project is an evaluation of the national pilot of KidsMatter: the Australian Primary Schools Mental Health Initiative.

Looking beyond dual diagnosis: young people speak out

2009

This research project invited 23 people with substance use and mental health issues to speak about their experiences of youth alcohol and other drugs (AOD) and mental health services, and to share their ideas about how to make these services more effective.

MindWise – Preventing mental health problems in young people through better mental health literacy

2009

This project aimed to deliver a mental health literacy campaign for students and staff of Victoria University (VU) which promotes an increased use of appropriate professional help for depression and related disorders, a greater use of evidence-based self-care and an increase in mental health first aid actions by staff and other students.

Type 1 diabetes as a risk factor for depression and other adverse outcomes for young people in rural Australia

2009

There is growing evidence to support strong links between Type 1 diabetes and poor psychological health, such as depression and anxiety. Preliminary evidence suggested that regional youth with Type 1 diabetes potentially face poorer mental health outcomes than their urban counterparts.

A 3-8 year follow-up of adolescents treated for depression and their families: Predictors of treatment outcome

2007

Research evidence suggests a short-term effectiveness of treatments such as Cognitive Behaviour Therapy (CBT), supportive psychotherapy, antidepressant drug therapy and a combination of CBT and antidepressant drug therapy for the treatment of depression in adolescents.

Awareness of Beyond Blue in Australian young people

2007

Previous research has measured awareness of Beyond Blue in Australian adults, with the most recent figures indicating up to 62% of adults recognise Beyond Blue as an organisation associated with depression.

Beyond Blue Secondary Schools Research Initiative (bbSSRI)

2007

The Australian National Survey of Mental Health and Wellbeing reported the prevalence of depression among young people to be 3.7%. Of concern was that only a small proportion of those young people with depression had received professional help for their problems (Sawyer et al., 2000).

Every Family (Parenting) Evaluation

2007

A substantial body of evidence shows that the quality of parenting children receive has a major effect on their development. Family risk factors such as poor parenting, family conflict and marriage breakdown strongly influence children's risk of developing mental health problems.

Improving the engagement, detection and management of adolescent depression: Applying the mobiletype program to general practice settings

2007

The aim of this project was to adapt the mobiletype program, IT systems and website interface for use in the primary care setting, the setting where young people with early mental health problems are most likely to present.

Re-orientating general practice towards preventative mental health care for adolescents, utilising the practice nurse: A pilot study

2007

This project is a stand-alone component of a larger proposal to trial a health risk screening and follow-up intervention to detect and manage or refer young people with depression or related disorders and health risk in primary care.

Talk Out Loud/Save-a-Mate: Evaluation

2007

The Save-a-Mate program was developed by the Australian Red Cross in 1999 in response to growing concerns in the Australian community regarding the use and availability of alcohol and other drugs.

Time for a future: effective treatment of depressed youth in urban and rural primary care settings

2007

This project compared three treatments for adolescent depression – Cognitive Behaviour Therapy (CBT), antidepressant medication (sertraline) with supportive counselling, and a combination of CBT and sertraline – to determine the most effective treatment.

Young people's responses to emotional distress

2005

To better understand what young people do when they are distressed and the extent to which these behaviours ameliorate or exacerbate their distress, effective, innovative, and in particular, youth-friendly methods of capturing young people's experiences need to be developed.

Attitudes towards and pathways to and from the Young People's Health Service mental health service

2004

The Young People's Health Service (YPHS) is the only primary health care service specifically for young people who are homeless in central Melbourne. The service is free and staffed by nurses, doctors and counsellors.

Developing Youth Alcohol and other Drug, Depression and Anxiety Services: The DYADS Project

2004

High rates of co-morbid affective and substance-use problems have been identified in substance-using adults seeking treatment; however less research has been conducted in younger populations.

The impact of living with eating disorders – carers' perspectives

2002

Qualitative research was undertaken to explore the experience of living with a person with an eating disorder in order to gain insight into the impact of this experience on primary carers and the family.