Ageing Wisely with Parkinson’s Disease

ANXIETY AND DEPRESSION PROGRAM (50+ YRS)

The Centre for Emotional Health is running a new treatment program to overcome worry and low mood, Ageing Wisely with Parkinson’s Disease. The program is based on the highly effective, evidence based treatment, Ageing Wisely.

WHAT IS THE PROGRAM?
The Centre for Emotional Health Clinic is evaluating the benefits of a psychological program conducted over the telephone that aims to reduce depression and anxiety and help you to develop helpful coping skills. The program can be completed by individuals alone or with their carers.

If you choose to participate in this study you will have access to the 10 session Ageing Wisely with Parkinson’s Disease Program.

In addition to the weekly individual treatment program, you will also complete three short phone assessments (approximately 20 minutes each) – one before the program commences, one at the completion of the program and the last a month after completion.

This project is supported by a seeding grant from Parkinson’s NSW to Associate Professor Viviana Wuthrich and Distinguished Professor Ron Rapee, in the Centre for Emotional Health, Department of Psychology, Macquarie University.

WHO IS THE PROGRAM FOR?

- Do you worry a lot about the future, the progression of your disease, family, finances or relationships?
- Do you get easily stressed out and nervous?
- Do you often feel down?
- Do you not enjoy activities you used to take pleasure in?

Anxiety and depression are very common conditions in Parkinson’s disease, affecting up to 50% of patients. However, worry and low mood are also not a necessary part of Parkinson’s disease. So, it is very important to address these problems so you can reduce their impact on your day to day life above and beyond that of the disease itself.

We are seeking individuals over 50 years of age with Parkinson’s disease who are experiencing symptoms of low mood and/or worry to participate in this program.

HOW DO I GET INVOLVED?

STEP 1:

Contact the clinic (9850 8711) to inform our team of your interest. One of our psychologists will then contact you and conduct a short telephone interview to briefly discuss your current concerns.

STEP 2:

If we feel that our program may be able to help you, you will be randomly allocated to receive the program immediately or after a short waiting period. You will not be able to choose which group you are in because random allocation works like drawing names out of a hat.

STEP 4:

A time will then be arranged for you to start the weekly sessions over the telephone with one of our psychologists.

STEP 5:

At the completion of the program you will be asked to complete a short telephone interview again so we can assess any changes in your emotional health and wellbeing. One last follow-up interview will be conducted one month after completion. These follow-up sessions are critical for allowing us to determine the impact that treatment has had on your symptoms of anxiety and low mood.

HOW MUCH DOES THE PROGRAM COST?

There is NO cost for participating in this trial.

WHO DO I TALK TO FOR MORE INFORMATION?

Please contact the Centre for Emotional Health Clinic on (02) 9850 8711 for more information about the Ageing Wisely with Parkinson’s Disease Study.