

GP INFORMATION FLYER

STOP Trial Study Information (Email Address: STOP@mq.edu.au)

Translating Evidence-Based Psychological Interventions for Older Adults with Depression and Anxiety into Public and Private Mental Health Settings Using a Stepped Care Framework

WHAT IS THE PURPOSE OF THE STUDY:

The purpose of this study is to compare the effectiveness of two approaches to delivering mental health services to older adults. We will examine the clinical and cost-effectiveness of a stepped psychological interventions compared to treatment as usual. The results of this study will inform translation of evidence-based stepped care models of psychological interventions for anxiety and depression in older adults into the Australian mental health system. This 4 year study is funded by NHMRC and Beyond Blue. **GPs have a critical role to play in identifying and referring eligible participants to this study. GPs can use the attached brochure to identify eligible patients and refer them to relevant sites.**

STUDY DESIGN:

The research study is a randomized controlled trial with two conditions: 1. The stepped care intervention (a. Low Intensity CBT and b. High Intensity CBT) vs. 2. Treatment As Usual (TAU). After baseline examination, suitable participants will be randomised within each service to the stepped care intervention or treatment as usual. All participants will complete a diagnostic interview and self-report measures at baseline, 13 weeks, 26 weeks and at 12-month follow-up.

ROLE OF GENERAL PRACTITIONERS:

For your patients, you are asked to:

- ☐ Screen elderly patients aged 65 years and over for anxiety and depression
- ☐ Discuss the study with suitable participants and give them a copy of the Participant Flyer (attached)
- ☐ Refer them to either (depending on participant's location):
 - SESLHD Older Persons' Mental Health Service, Prince of Wales Hospital, Sydney via 02 9382 3759
 - Older People's Mental Health Service in the Western NSW LHD (locations Orange, Dubbo or Bathurst) via Mental Health Line: 1800 011 511
 - Centre for Emotional Health, Macquarie University, North Ryde, Sydney via: 02 9850 8715

SCREENING PATHWAY:

Eligible participants are individuals aged 65 years or older, whose major complaint is related to anxiety and/or depression. The table below shows the inclusion and exclusion criteria for participation in the study.

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none">• Aged ≥ 65 years• Anxiety and/or depression is primary complaint• Access to a telephone or the Internet• Medically stable with recent clear blood screen	<ul style="list-style-type: none">• English language illiteracy• Psychosis Bipolar Disorder• Drug, alcohol dependence• Active suicidality• Significant uncorrected hearing loss• Likely moderate to severe dementia based on standardized cognitive screener (will be further assessed by sites)

Participant Pool

Participants will be also recruited from the community by newspaper and online advertisements and notices, advertisements posted in public places



MACQUARIE
University



UNSW
SYDNEY

