We care for you
A stepped-care approach to obtain and maintain a healthy, happy and fulfilling life

· Do you constantly feel overwhelmed?
· Do you constantly feel worried or concerned about things?
· Do you often feel so sad that nothing could cheer you up??
· Do you feel like you don't have the motivation to participate in your usual activities?
· Do you find it hard to get out of bed or to get on with tasks that need to be done?

If you answered "yes" to any of these questions - and you are 65 years of age or older - you might be eligible to participate in a research study to treat feelings of worry, anxiety and low mood in older adults.

WHAT IS THIS STUDY ABOUT:
This study is funded by National Health and Medical Research Council (NHMRC) and Beyond Blue. The purpose of this study is to compare the effectiveness of two approaches of delivering mental health services to older adults. The two different approaches differ in the format of how therapy is delivered. That is whether they are delivered over the telephone (or internet if you prefer) or by face to face.

WHAT PARTICIPATION INVOLVES:
If you agree to participate you will be offered either the usual face to face therapy offered at your service, or you will have the choice to first receive therapy delivered over the telephone or the internet, and then receive additional face to face therapy if you need further assistance. We will also ask you to complete additional questions about you at four time points over a year, and we will ask to access your medical records. We will use this information to make comparisons between the treatments.

Please note that you are not obligated to participate or continue with any particular study if you do not wish to.

If you are interested in finding out more about this treatment study please contact the research program coordinator at STOP@mq.edu.au or (02) 9850 8715

www.tiny.cc/STOP-Study
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