

Mood Assessment Program (MAP)

Randwick MAP Centre

BLACK DOG INSTITUTE



Information for patients

Introduction:

Your health professional has referred you to undertake a computerised assessment called the Mood Assessment Program or MAP.

What is the MAP?

The MAP is a computer program that has been developed by the Black Dog Institute to assist health professionals in the diagnosis and treatment of depression and other mood disorders. By completing the MAP, you are able to provide your referring health professional with information that will assist in the development of a treatment plan unique to you. It is important to understand that the MAP on its own does not offer a diagnosis. Rather, the information contained in the MAP report may assist your health professional in making a diagnosis and developing a treatment plan for you.

How does the MAP work and how much does it cost?

Each patient spends approximately one hour entering information into a computer program. The computer then uses the information to generate a report which is mailed to your referring health professional. There is no charge for completing the MAP program.

What sort of questions will the program ask?

The MAP will ask many questions about your background and your illness. As each person's experience of depression is different, the program's questions aim to build a picture of your unique experience. A few examples of the types of questions you will be asked include:

- Questions about your physical health
- Questions about symptoms of depression and how those symptoms affect you
- Background information such as events that have had a significant impact on you
- Details about current and previous treatments (including medication and therapy) you have tried. It may help you to use the worksheet on the back of this page to write down treatments in preparation for your appointment.

Piloting the MAP:

To date the MAP has been completed exclusively by patients who have attended the Depression Clinic at the Black Dog Institute. Funding has now been received to facilitate use of the MAP by the wider community. This is called a 'pilot'.

Confidentiality:

The information you provide will be kept strictly confidential. It will be used to compile a report which will be sent to your referring health professional. The Black Dog Institute does not keep a copy of the report.

How do I make an appointment at the Randwick MAP Centre?

Before making an appointment at the MAP Centre you should obtain a referral from your treating health professional. To make an appointment please call (02) 9382 9258. Appointments are available Monday to Friday. It is essential to make an appointment. *Please bring your referral with you to your appointment.*

Where is the Randwick MAP Centre located?

The MAP Centre is located within the Black Dog Institute, Hospital Road, Randwick. For directions please see the back of this page.

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How to find the Randwick MAP Centre:

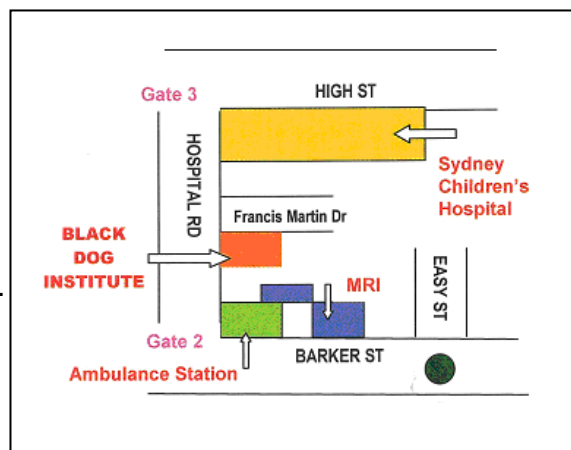
The Randwick MAP Centre is located within the Black Dog Institute which is on the corner of Hospital Road and Francis Martin Drive on the Prince of Wales Hospital campus in Randwick. (Look for the orange wall and BOC Gas Cylinder). The following instructions will help you find us. If you get lost, please call the MAP Centre on (02) 9382 9258.

♦ **From Prince of Wales Hospital Main Reception** – Turn left, past Emergency. Keep the Ambulance Bay on left, carpark on right. Turn right at crossing onto Nurses Drive, right onto Francis Martin Drive. At T-junction, turn left onto Hospital Road. The Black Dog Institute is the first building on the left.

♦ **From Hospital Carpark** - Go to Level B3. Exit at boom-gates, turn left onto Hospital Road. The Black Dog Institute is the first building on the left.

♦ **From High Street** – Walk past main entrance of the Children’s Hospital. Turn left from Gate 3 into Hospital Road. The Institute is approx. 1 km down the road on the left, just after Francis Martin Drive.

♦ **From Barker Street** – Enter Gate 2, walk past the Ambulance Station and the Medical Research Institute. The Black Dog Institute is the third building on the right.



♦ **By Car/Parking:** There is no street parking on Hospital Road, however paid parking is available in the carpark. Turn right off Barker Street into Easy Street. Proceed down to Level B3. (NB: After-hours access to carpark only through lifts at Main Hospital Reception.)

Preparation for your appointment:

During the assessment you will be asked about treatments you have tried for depression. It may assist you to complete this table before your appointment. You will not be required to show these notes to anyone else. The notes are to help you complete the MAP program.

Name of treatment (medication or therapy). Remember to include non-prescribed medications.	Current (i.e. taken now) or previous?	How helpful is/ was it? (e.g. Very, somewhat or not at all)	Did you cease the medication because of side-effects?

What to take on the day:

Please remember to bring your referral and this worksheet to your appointment.

What happens after my appointment?

A report will be sent to your referring health professional. You should make an appointment with your health professional to discuss the report.