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## NEWS RELEASE

### STUDY CUTS WAITING TIME FOR PEOPLE SUFFERING DEPRESSION

The Black Dog Institute is offering immediate specialist psychiatric and psychological consultations for up to 300 people experiencing melancholic depression as an inducement to participate in a 12-week trial.

The reality is that many people are currently waiting up to three to six months when they are referred to see a mood disorder specialist, according to the Black Dog Institute.

Professor Gordon Parker, the Institute's Executive Director, said today the aim of the trial was to investigate the best treatments for melancholic depression.

Professor Parker also stated that melancholic depression was the quintessential biological depression that has been around since ancient times.

It affects one to two percent of men and women in western populations throughout the world.

Professor Parker described it as a very "physical" type of depression. The patient feels "slowed down" and/or agitated, lacks energy (finding it hard to get out of bed in the morning), has impaired concentration, and they can't be cheered up. Quite often, there is also a family history of depression.

"Melancholic depression has a low spontaneous remission rate (meaning it very rarely goes away of its own accord)," according to Professor Parker.

In the long term, this exhaustive study over three years and involving six key members of the Black Dog Institute team, including Professor Parker, will help shape clinicians perspective and understanding to optimise treatment for patients with melancholic depression.

The Black Dog Institute is regarded as a leading world-wide authority in this field and Professor Parker declared it was the most important study he had been involved in terms of treatment for the more severe cases of depression.

The trial consists of three separate treatments involving 100 people in each group, which include:

- Individual Cognitive Behavioral Therapy
- A narrow-action antidepressant
- A broad-action antidepressant drug approach.

Participants will be randomly allocated to one of these three treatment groups, which in some cases, involves up to 10 consultations with a psychiatrist or psychologist during the 12-week trial period.

You could be eligible to participate in the trial if you are:

- Aged between 18 and 65 years
- Able to commit to a 12-week treatment program at the Black Dog Institute in Randwick
- Not taken any antidepressant drug in the past three months
- Not undergone cognitive behavioural therapy (CBT) for one year
- Not currently pregnant or breast feeding

To participate: Phone 02 9382 9268 or email: [melancholicstudy@unsw.edu.au](mailto:melancholicstudy@unsw.edu.au)

MEDIA INQUIRIES:

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