



BLACK DOG INSTITUTE

## News Release

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### DEPRESSION WEBSITE HITS ON THE INCREASE

Black Dog Institute website hits spiked in the past 12 months as people turned to the internet for advice on depression and bipolar disorder.

The number of hits increased by 37 percent to more than two million (2,104,293) in 2008/2009, compared to the previous year.

Executive Director of the Black Dog Institute, Professor Gordon Parker, said the widespread use of the internet is significantly influencing the management and delivery of health care.

“It’s a trend that is giving millions of Australians the ability to manage their health more actively,” he said.

Professor Parker said the Black Dog Institute website ([www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)) is proving particularly popular with both the general public and health professionals looking for information on mood disorders. The site was launched in 2004 and today contains 25 years of research and clinical experience that provides a practical user-friendly tool for tens of thousands of people every month.

While the general website is the most popular, it is worth noting that the health professionals’ homepage that has information on such issues as education and training available for psychologists, GPs, nurses, school counsellors and other professionals is in the top 10 most popular pages.

The most popular pages on the website, in order of popularity, in 2008/2009 were:

- Depression explained
- Bipolar disorder self-test
- Bipolar disorder explained
- Fact sheets
- Health professionals home page
- Depression self-test
- Getting help
- Depression causes
- Temperament and personality questionnaire
- DepEd Program (An online education program to help people better understand and depression)
- Participate in Black Dog Institute research studies page.

Professor Parker said the Institute was responding to this increasing demand by constantly refreshing and adding new items to a website he described as “living and breathing”. He said the Institute was dedicated to advancing the understanding of mood disorders in order to improve the lives of those affected and, in turn, the lives of their families and friends.

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