

## General practitioners play a vital role in providing information



GENERAL PRACTITIONERS are usually the first point of contact for people with depressive illnesses. Their ongoing support, encouragement and, most importantly, provision of appropriate information is critical to the management of these illnesses. Patients generally respect and trust their doctor and will be guided by the GP's advice.

Information is empowering. It allows people to make informed choices about their treatment and care. Initially, a patient suffering from a depressive illness may only need, or want, basic information about their illness. However, over time, the provision of more specific and detailed information for both the sufferer and his or her family is desired and appropriate. Unfortunately, doctors often assume that patients know more than they do about their illness. However, lack of knowledge about where to look, the stigma associated with depressive illnesses and the belief that they can somehow "pull themselves together" may dissuade many people with depression from directly asking the GP for information. Even the most proactive patients can become disheartened at the lack of general information about depressive illnesses available to the community.

GPs have taken on the role of information providers, but now need to see this role in broader terms. Consumers and carers want information in the form of handouts, lists of appropriate books and articles, website addresses, support group details and other available resources. It is also important that the information presented to patients is relevant, easy to read, written for the target audience and not biased. The Internet is extremely useful for accessing relevant information, but it is also a source of inappropriate information. Anyone can be an author about depressive illnesses on the Internet, writing only from their own point of view. For example, in a search on antidepressants, I found a website condemning their use, based only on the experiences of the writer.<sup>1</sup> This sort of (mis)information can be confusing to patients and their families. Therefore, gentle guidance of patients to appropriate websites, in addition to other sources of appropriate information, is crucial. The information in this supplement will help GPs and other healthcare professionals in this task.

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1. Prozac truth: letter from the editor [website]. <<http://www.prozactruth.com/conclusion.htm>>. Accessed 15 April 2002. □

## Responding to the Australian experience of depression

*Promotion of the direct voice of consumers and carers is critical for reducing stigma*

DEPRESSION IS A MAJOR PUBLIC HEALTH ISSUE in Australia.<sup>1</sup> Although more than 800 000 Australians experience depression each year, less than 40% of affected individuals present for care and fewer than one in six receive an evidence-based treatment.<sup>1</sup> Most people with depression experience significant disability (reduced productivity on "seven of the past 28 days"<sup>2</sup>) and those who present for care are likely to have relapsing or chronic disorders.<sup>3</sup> The current health burden of depression, and the projected future impact on our society, prompted the Federal and Victorian governments to develop *beyondblue: the national depression initiative*.<sup>4</sup> The initiative has bipartisan political support and has grown to include active participation by other States and Territories and the development of partnerships with a range of non-government and community-based organisations.<sup>5</sup>

The aim of *beyondblue* is to promote effective population health-based strategies.<sup>6</sup> Current projects focus on:

- increasing community awareness of key aspects of depression (such as characteristic symptoms, risk factors,

- pathways to care, preventive and effective treatment strategies);

- promoting destigmatisation of people with depression and related disorders;
- confronting barriers that discourage full social participation; and
- advocating for improved primary-care-based mental health services.

With regard to secondary services, the initiative is focused on improved specialist support for the primary care sector.

To meet the specific needs of people with depression and their carers, *beyondblue* has initiated a range of studies, some of which are outlined in this Supplement, and promoted the rapid dissemination of results to the medical profession. The review by Jorm et al<sup>7</sup> (page S84) of complementary and self-help therapies used for treating depression represents a landmark study. It departs from the traditional debate about access to strategies that people say they want (such as access to counselling<sup>8</sup>) and evidence about what professional services people actually receive (eg, medication and non-specific