

Help develop a website that is useful to family and friends of people with major depressive disorder.

Family, partners and friends are commonly a vital source of support for an adult with major depressive disorder. However, they often have little information to guide them about how to deal with depression, provide support and maintain their own wellbeing.

Are you:

- A family member, partner or close friend of a person with major depressive disorder?
- Aged 18 years or over and living in Australia?
- Interested in providing feedback on a new website for family members, partners and friends (family/friends) of adults with major depressive disorder?

You are invited to join a research project that asks family/friends to give their feedback to help make sure the website is acceptable, useful, easy to use and engaging, and to see how it can be improved.

What does the research involve?

If you join the study, you will be able to access the secure website for two months. Researchers will ask you to complete a brief initial online survey to make sure you are suited to the study, fortnightly telehealth sessions and two online follow-up surveys.

The follow-up surveys will enable you to provide your feedback and assess if you experience any changes in your wellbeing, quality of life, ways of coping and mood since accessing it.

In addition, if you, or the person you support, live in a rural area, you may be interested in joining the rural sub-study which also involves two telehealth feedback interviews. The aim of the interviews is to find out how to adapt DA to rural areas.

How to register your interest and get more information?

Please contact the researchers via email at depression-assist@deakin.edu.au. You are also welcome to call on 0456 755 552.

PLEASE NOTE: Participation is voluntary, private and confidential. As a token of thanks, participants who complete all the surveys are offered a \$40 Coles/Myers gift voucher at the end of the study. In addition, participants who join the rural sub-study will be offered \$100 Coles/Myers gift voucher for each feedback interview.

This online research has ethics approval (ID number 17/192 Development of a website for family/friends of adults with depression). It is being conducted by Dr Lesley Berk and the Depression Assist team at IMPACT, School of Medicine, Deakin University and Barwon Health, and is funded by an Australian Society for Bipolar and Depressive Disorders / Servier Foundation Depression Grant and GMHBA.