
Evidence-Based Educational Materials to Support Treatment Choices About Depression in Shared Care

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Faculty/Presenter Disclosure

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Collaborative Team

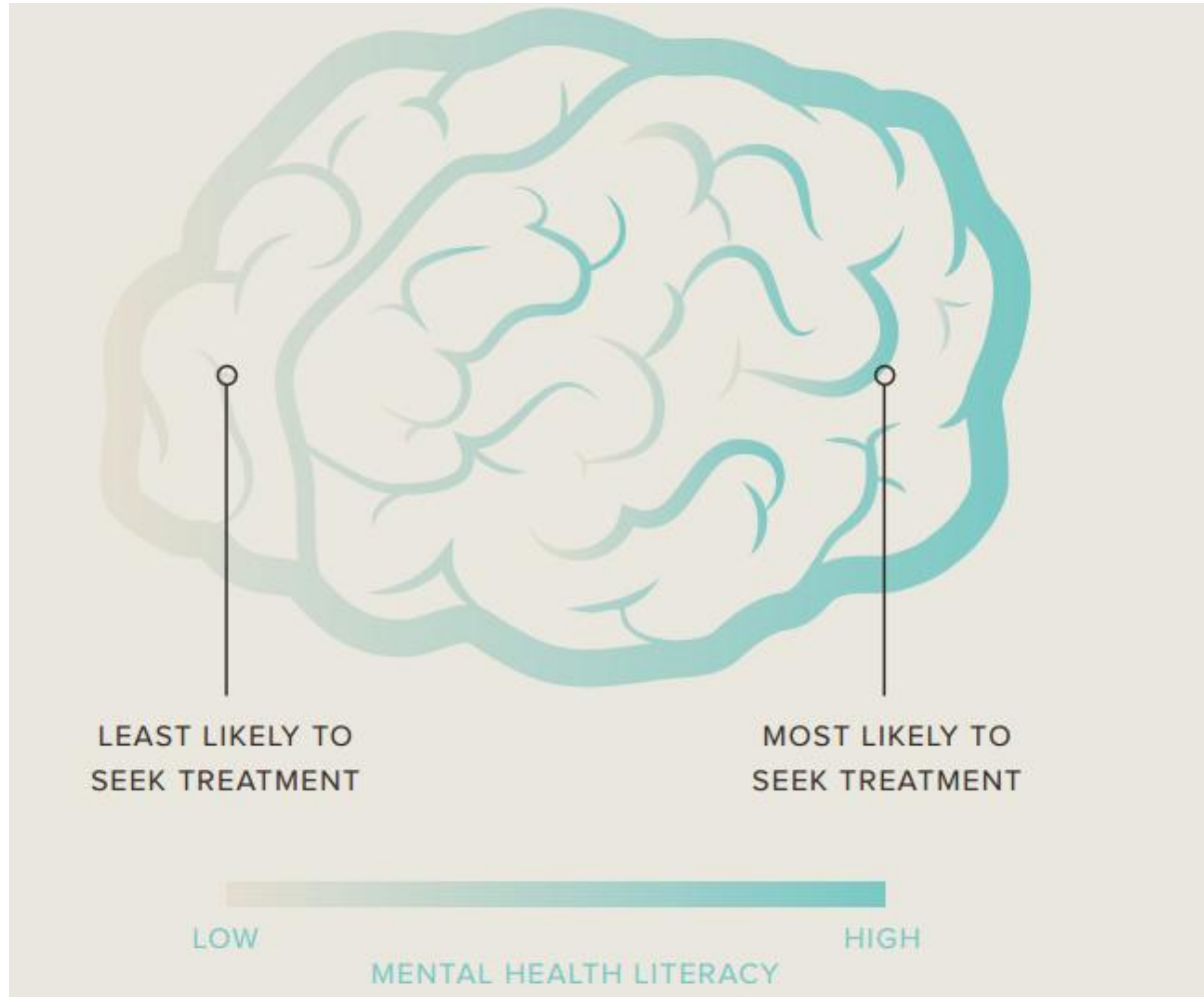
- Research Partners (5 universities)
- Young Adult Partners (8)
- Community Partners/Supporters (50+)
 - Core Community Partner



Learning Objectives

- To provide an overview of consumer treatment information needs related to depression
 - To explore the process of development and evaluation of the materials with a particular focus on the involvement of consumers and health care providers
 - To provide information on the use of consumer educational materials for shared-care setting
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People with more knowledge are more likely to seek help



Consumer Treatment Information Needs Related to Depression

- Consumers often have very little information
 - The treatment provided may be more dependent on the provider than the preferences of the consumer
 - Providers often also have limited information about treatment options
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Where do you go for information
about help for health problems?

Sources of Information

- Waiting room of clinic
 - The Web
 - In Canada direct to consumer advertising of medicines is not allowed but information campaigns are allowed
 - We are exposed to direct to consumer advertising through US media
 - Canadian media and advertising
 - e.g. The National – Depression Hurts Campaign
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Project Phases

Phase 1: Listened to young adults

Phase 2: Found the info young adults want

Phase 3: Developed accessible resources

Phase 4 & 5: Evaluate, Revise, Disseminate
Resources

Step 1: What Information Do People Want?

- **Description of the problem**
 - **Treatment choices**
 - Effectiveness of treatments
 - Duration of treatment
 - What happens when treatment stops
 - Side effects
 - Treatment costs
 - Advantages and disadvantages
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Step 2: Finding the Information: Challenges

- The information is technical in nature
- Putting the information in quantitative terms – for example, 6 of 10 people are much improved after treatment
- There is limited information available to answer many of the questions
- Provide references so the reader can check the sources of information

Step 3: Put Information in Plain Language

- Checked the reading level of the information
 - Reviewed the information with young adults who had experienced problems with depression
 - Reviewed the information with professionals providing treatment for depression
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Step 4: Format the Information for Different Media and Audiences

- Some people prefer information on the web
 - Others prefer information in traditional brochure format
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Web and Brochure Formats

- depression.informedchoices.ca
 - Brochures available in the resources section of the website
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Web-Based Information Aid

INFORMED CHOICES ABOUT

DEPRESSION

Home | Resources | About Us | Contact | Search

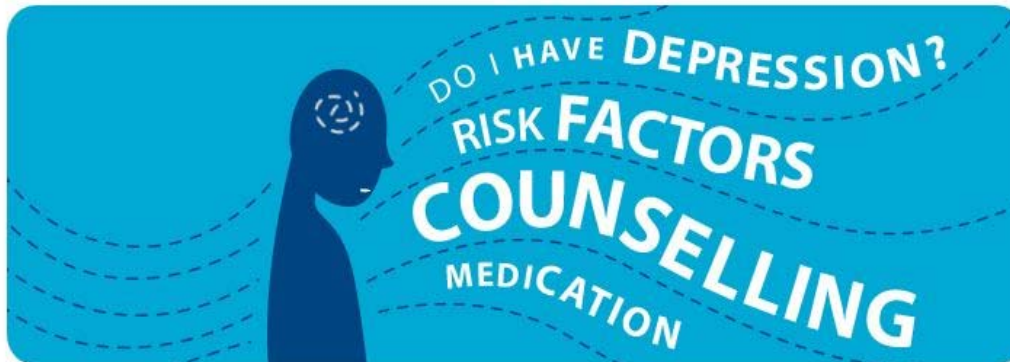
What is depression?

Getting help

Types of treatment

Special topics

Personal stories



Are you looking for information about depression and treatments for depression?

This resource was developed by a team of researchers, professionals and young adults to answer the questions many people have about depression. It provides up-to-date information based on the best available research.

Do I have depression?

How do I get help for myself, a friend, or a family member?

What about self-help approaches?

Will counseling or therapy help?

Will medication help?

What about alternative treatments?

What is the cost of treatment?

Informed Choices

Text-Based Information Aid

Factsheets(20+ topics)



INFORMED CHOICES ABOUT

DEPRESSION

Exercise & Depression

Key Points:

- Regular physical exercise is one of the most important things you can do for your health.
- Exercise is as effective as medication and counseling treatments in overcoming depression
- The benefits of exercise may only last if you do it several times a week on a regular basis and stick with it over time. This means it's important to choose an activity that you enjoy.
- People who are involved in a structured exercise program, such as regular exercise classes or work with a trainer are more likely to have success in maintaining their exercise.
- If you exercise regularly and your depression symptoms still interfere with your daily living, see your doctor or another health professional familiar with treatments for depression. They may recommend adding medication or psychotherapy/counseling for depression.

[Read more \(link\)](#)

[Read more section](#)

A publication prepared by health care and community specialists from the University of Manitoba and other Canadian universities.

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Website & fact sheets cover topics that are specific such as:

- Tips to manage the cost of medication/therapy
- Questions to ask when choosing a therapist
- What happens when treatment stops?

...and that may be hard to find elsewhere such as:

- light therapy
- mindfulness meditation
- dietary supplements & herbal medicines

...and they are available in both English & French

DEPRESSION

Home | Resources | About Us | Contact | Search

[Depression](#) > [Types of treatment](#) > [Self-help treatments](#)

What is depression?

Getting help

Types of treatment

Self-help treatments

Counseling or therapy

Medication treatment

Alternative treatments

Special topics

Personal stories

Self-help treatments



Key Points:

- A well-designed self-help program can treat depression, especially if you work through the program a step at a time.
- Working on depression without any outside help, however, does not benefit as many people as treatment involving professional help and guidance.
- Self-help programs that involve an assessment of the problem at the start (by a professional or by a web-based program) are more effective. Some form of follow up as you work on the program also makes self-help more effective.
- There are a number of books and websites listed in the read more section below that you can use on your own or with a therapist's help.

Online Interactive Tool

Mind Pack

Mind Pack is an interactive backpack full of tools to give young adults the information they need to make decisions around stress and personal problems.

Hover over parts of the Mind Pack to find new ways to deal with stress, anxiety and depression.



[I Need Help Now](#)

[About](#)

Resources for Service Providers

- Provide information that you don't have time to cover
 - Resolve difficulty of clients processing and remembering information that is reviewed during face-to-face time
 - Provide quality information to answer common questions that are difficult to answer using current resources
 - Provide information about treatments that you may be less familiar with/are unable to provide
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Step 5: Disseminate the Information Widely

- Working to link the website with organizations serving the public
 - Brochures: Making them freely available
 - Evaluating results of dissemination
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Questions & Comments?

Resources

Take a look...and share the resources
with others

Related References

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We have found similar information needs and preferences related to other health problems as well.

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Thank you!

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Informed choices about depression
<http://depression.informedchoices.ca/>