

DEPRESSED?

How do I know if I am clinically depressed?

You need to see a professional to know if you are clinically depressed. Generally, people who are depressed experience sad feelings or a loss of interest in activities they used to enjoy for at least two consecutive weeks. Problems with sleep, changes in appetite and weight, difficulty thinking, and loss of energy are also common. Recognizing depression is the first step in treating it and appropriate treatment helps most people diagnosed with depression.

What is this study about?

Even when people are successfully treated for depression, relapses may occur. This study will look at ways to prevent or reduce the risk of relapse after treating the current episode of depression.

In the first part of this study, we are offering antidepressant medication treatment. These antidepressants are not experimental drugs, but are medications currently available in Canada that have been shown to be effective in treating depression. You will be closely monitored by a study psychiatrist while receiving antidepressant medication. There is no charge for the treatment.

Because we are interested in understanding the best ways of helping you stay well, once you have recovered, you will enter the second phase of the study. At this point, you may take part in a program designed to help you learn psychological skills to prevent depression from returning. You may or may not continue to receive active antidepressant medication.

This part of the study will last 18 months, during which time we will stay in regular contact so that your well-being can be closely monitored. If at any time during this part of the study you find depression returning, you will be able to meet with your study psychiatrist for additional treatment options.

Who is running the study?

This study is funded by the National Institute of Mental Health. It is taking place at the Centre for Addiction and Mental Health (CAMH) in Toronto and at St. Joseph's Healthcare in Hamilton. A team of established researchers, headed by Dr. Zindel Segal, a nationally recognized researcher in mood disorders, is conducting this study.

How do I qualify?

To qualify for the study, you must be between the ages of 18 and 65. You must not be currently receiving treatment for depression, either medication or psychotherapy. You must be willing to receive antidepressant medication during the study and be willing to be assigned to any of the three groups after your depression has been treated.

What are the risks?

The risks associated with taking antidepressant medication for your depression are that you may experience a number of different side effects. This varies from person to person. The risks associated with having medication withdrawn are that you might experience a relapse, a risk similar to that faced by patients who decide to stop taking their medication on their own. Because we recognize these risks we have put a number of procedures in place to decrease your risk.

What are the benefits?

If you participate in this study, you will be given a thorough psychological assessment and you will receive antidepressant treatment free of charge. A study psychiatrist who is experienced in treating depression will closely monitor your progress during treatment. If you have a depressive relapse in the 18 months after treatment, you will be given additional treatment.

Information from this study will be used to determine what helps people stay well after successful treatment of a depressive episode. Ultimately this will help reduce the return of depression by allowing clinicians to recommend options for relapse prevention.

This study
may be able to help you
GET WELL AND STAY WELL.



How do I get more information?

Call toll free

1 866 317-8884

Or email us at

depressionstudy@camh.net

For more information on CAMH's services for mental illness or addiction problems, please visit www.camh.net or contact CAMH at 416 535-8501.