



## MELANCHOLIC DEPRESSION TREATMENT TRIAL

The Black Dog Institute is currently running a treatment trial for individuals who are currently experiencing melancholic depression. The trial consists of three separate treatments which include: individual Cognitive Behavioural Therapy; OR treatment with an antidepressant; OR treatment with a combination of psychotropic medications. **Please note: you will be randomly allocated to one of these treatment groups.** The purpose of this trial is to investigate the most effective treatment option for individuals with melancholic depression.

If you are:

- Aged between 18 and 60
- Able to commit to a twelve week treatment program
- Not currently taking any antidepressant medication
- Not currently, and have not participated in Cognitive Behavioural Therapy for 5 years
- Not currently pregnant or breast feeding
- Interested in participating

Please contact Bianca by phone 9382 9268 or email: [melancholicstudy@unsw.edu.au](mailto:melancholicstudy@unsw.edu.au)





## INFORMATION REGARDING THE NEW MELANCHOLIC TREATMENT CLINICAL TRIAL RUN BY THE BLACK DOG INSTITUTE

To Doctor/Psychologist,

The Black Dog Institute is contacting all GPs and psychologists involved with our Program to inform you of an exciting new clinical trial that will be commencing on Monday, January 26, 2009. The trial will compare three distinct treatments for patients with melancholic depression: individual Cognitive Behavioural Therapy (CBT), SSRI alone, and the BDI algorithm which involves a combination of psychotropic medications. This is a randomised clinical trial i.e. each participant can be allocated to any one of the three treatment groups. The outcome of this trial will greatly influence the preferred method of treatment for patients with melancholic depression.

**Melancholic depression is a very “physical” type of depression – the patient feels slowed down and/or agitated, lacks energy (finding it hard to get out of bed in the morning), has impaired concentration, and their mood is usually anhedonic or non-reactive. There is usually a family history of depression.**

We are contacting you for your support to refer any patient who presents with melancholic depression and meets the following criteria:

- aged between 18 and 60 years old
- currently not being treated for melancholic depression (i.e. Cognitive Behavioural Therapy [CBT], or taking any psychotropic medication)
- **no antidepressant drug in the last 12 months**
- previously not failed more than one antidepressant treatment trial
- not undergone CBT treatment for at least five years
- duration of current melancholic episode is greater than four weeks, and less than two years
- no comorbid diagnoses of any of the following: Obsessive Compulsive Disorder, an eating disorder, Bipolar Disorder or a psychotic illness
- patient is not substance dependent
- patient can attend the Black Dog Institute weekly for twelve weeks (starting from late January 2009)

To refer a patient, please fill in the attached form with a standard referral to a specialist. When their referral has been received, we will contact the patient and commence the screening procedure which includes the patient completing a computerised Mood Assessment Program (MAP), and providing further information regarding their experience of mood disturbance and medical history. ***When the patient has been admitted into the clinical trial, the Black Dog Institute will assume patient management free of charge, and keep you informed of their progress.***

If you have any questions regarding the study please either call (02) 9382 9268 or email [melancholicstudy@unsw.edu.au](mailto:melancholicstudy@unsw.edu.au)

Yours Sincerely,

Bianca Blanch  
Melancholic Depression Treatment Trial  
Black Dog Institute





## REFERRAL FOR MELANCHOLIC TREATMENT TRIAL

Date: \_\_\_\_\_

To Black Dog Institute,

I am referring \_\_\_\_\_ with a melancholic depression for  
Print Patient Name and Date of Birth  
 your team's management. I have discussed the inclusion criteria with the patient and  
 affirm they are a potentially appropriate referral for the study.

### CONTACT DETAILS

Patient Telephone number/s: \_\_\_\_\_

Patient Address: \_\_\_\_\_

Referring Clinician Name and Title: \_\_\_\_\_

Referring Clinician Mailing Address: \_\_\_\_\_

Referring Clinician Telephone Number: \_\_\_\_\_ Provider Number: \_\_\_\_\_

*When this form has been completed please email or fax this form with a brief specialist referral, attention to Bianca Blanch. Email: [melancholicstudy@unsw.edu.au](mailto:melancholicstudy@unsw.edu.au) or fax: (02) 9382 9265.*

NB: With the completion of this form the Black Dog Institute will contact the patient to provide further details about their mood disorder. The referring doctor will be updated on the patient's progress throughout their involvement with the study.