

Mental Health Network GPDV

Dr Grant Blashki

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Who are PEP?

PEP Working Group

- **Dr Grant Blashki**
- **Professor Jeffrey Richards**
- **Professor Graham Meadows**
- **Ms Lisa Ciechomski**

Who are PEP?

PEP Advisory Group

- Professor Jeff Richards (Monash University)
- Professor Leon Piterman (Monash University)
- Professor Graham Meadows (Monash University)
- Professor Bruce Tonge (Monash University)
- Professor Fiona Judd (Monash University)
- Professor Andre Tylee (Kings College London)
- Ms Anne Diamond (General Practice Divisions of Victoria)
- Associate Professor David Clarke (Monash University)
- Associate Professor Jane Gunn (University of Melbourne)
- Dr Grant Blashki (Monash University)
- Dr Sandra Davidson (Monash University)
- Dr Hannah Piterman (Monash University)
- Dr Grace Groom (Mental Health Council of Australia)
- Dr Hugh Morgan (University of New South Wales)
- Ms Lisa Ciechomski (Monash University)
- Mr Shane Duncan (Educational Health Solutions)
- Ms Blythe Forde (Educational Health Solutions)

PEP-DIAMOND Advisory Group

- Associate Professor Jane Gunn
- Dr Grant Blashki
- Professor Jeff Richards
- Ms Ingrid Ozols
- Dr Kelsey Hegarty
- Ms Patty Chondros
- Ms Tere Dawson

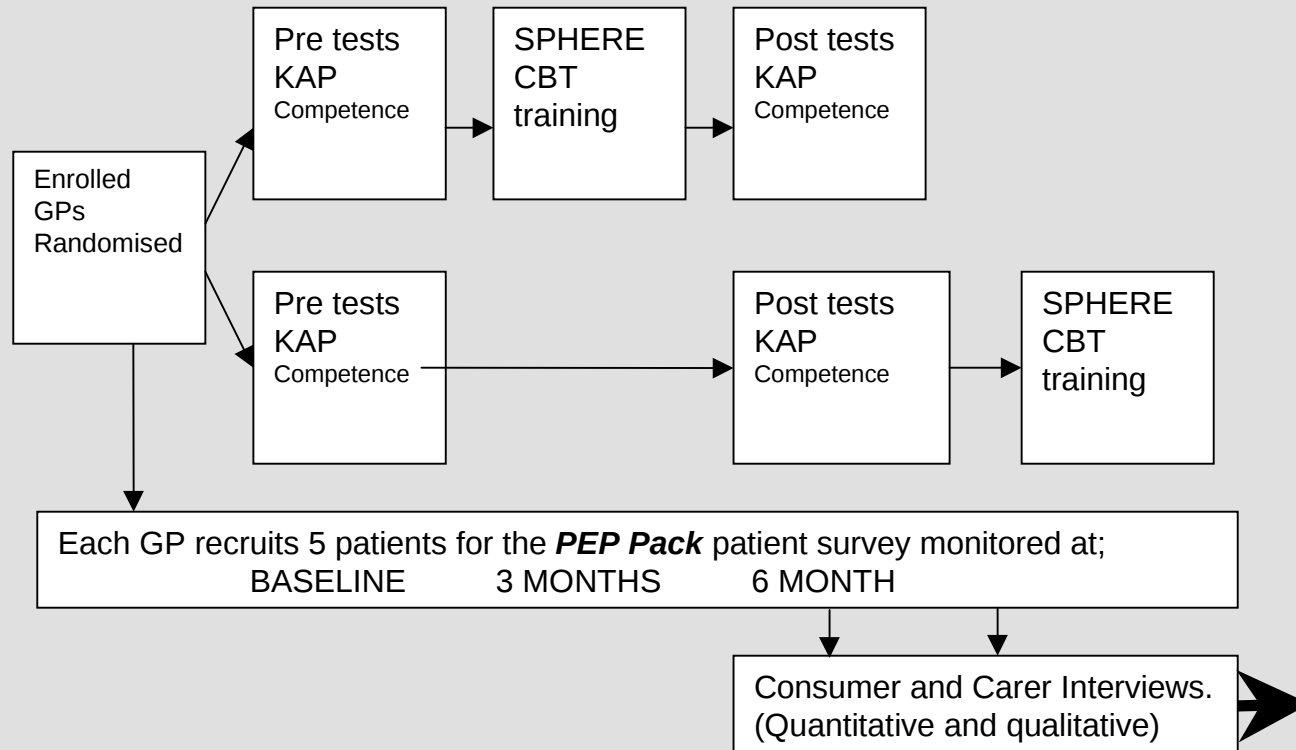
PEP Brief Project Description

The first project of the PEP collaboration is an evaluation of GP training in CBT strategies.

Outcome measures include;

- 1 GP knowledge, attitudes, stated practices, and competence,**
- 2 Consumer and carer experience of care, and clinical outcomes,**
- 3 Degree of interaction with specialist providers.**

PEP Design



PEP Outcomes Measures

GP knowledge	SPHERE CBT Pre/Post Knowledge Test (30 item T/F)
GP attitudes	Depression Attitude Questionnaire (20 item likert)
GP stated practices	National Study into the Management of Depression in General Practice Self rating likert scales regarding specific CBT micro-counselling skills
GP competence	Cognitive Therapy Adherence and Competence Scale Rating of video-taped simulated patient consultations
Clinical outcomes	CES-D, PHQ9,SF12,WHO-QAL, Current treatment @ Baseline, 3 months and 6 months
Consumer and carer experience of care	GUPI (General Practitioners Users Perceived Needs Inventory) 11 items PNCQ(EI) Perceived Need for Care (Extended Interview)
Interaction with specialist providers	GP and Patient interviews

PEP Next Steps

Pilot – GP Skills Pre-Post July 2004

PEP 1 GP Skills RCT January 2005

PEP 2 Patient Outcomes RCT June 2005

PEP 3 Consumer and Carer Experiences Jan 2006

Policy Maker Perspective

- **Burden of Mental Illness**
- **Central role of GPs**
- **Evaluation of the Focused Psychological Strategy approach**

GP Perspective

- **Practical Psychological Skills for General Practice**
- **Feedback about performance**
- **Level 2 Accreditation (FPS)**

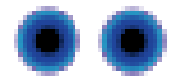
Mental Health Program Co-coordinator Perspective

- **Important research for Division**
- **In-depth evaluation of FPS training**
- **Low cost opportunity to provide FPS training for division's GPs**

Primary Mental Health and Early Intervention Team Perspective

- **More appropriate GP referrals**
- **Training role**
- **Possible supervision role for GPs**

PEP Primary Care Evidence Based Psychological Interventions



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Acknowledgements: VCOE [beyondblue](#)