

# Depression in Primary Care

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## What is the research about?

To understand patients' fears and concerns when the time comes to stop their antidepressant medication.  
The aim is to improve how depression is managed in primary care.

## Why is the research important?

Depression is an everyday problem in many people's lives.  
Depression affects 1 in 5 people at some stage in their life.  
GPs and nurses need to understand the patient experience of depression.

## When is the research being done?

The research started Nov. 2005, data collection will be completed by Nov. 2006, and the data analysed and a report available Autumn 2007.

## How is the research being done?

A questionnaire was sent to 572 patients prescribed an antidepressant medication; interviews are in progress with 30 patients who returned their questionnaire and said they were willing to be interviewed.

## Where is the research being carried out?

The research is being done with patients from 2 local practices based near Dereham: Elmham Surgery and Swanton Morley Nurse-led Surgery

## Who is doing the research?

The research is being done by Penny Louch, a Nurse Practitioner working in general practice; she is doing the research for her PhD Primary Care.