



If you would like more  
information about the study,  
please contact the research  
team at:  
[rid@ipru.otago.ac.nz](mailto:rid@ipru.otago.ac.nz)

We gratefully acknowledge the funding provided for this trial by the Health Research Council of New Zealand, the Accident Compensation Corporation (which administers New Zealand's compulsory, no-fault, injury compensation scheme) and the Ministry of Health Manatū Hauora.



**Injury Prevention Research Unit**  
**Dunedin School of Medicine**

**Recovery via Internet from  
Depression (RID) Trial**

<http://www.otago.ac.nz/rid>  
Email: [rid@ipru.otago.ac.nz](mailto:rid@ipru.otago.ac.nz)

**Injury Prevention Research Unit**  
**University of Otago**  
**PO Box 913**  
**Dunedin**

**Phone: (03) 479 8342**  
**Fax: (03) 479 8337**

**© RID, Injury Prevention Research Unit**  
**University of Otago**



## Depression in New Zealand

Kia ora

Recent New Zealand surveys highlighted that:

- Up to 1 in 5 women and 1 in 10 men have experienced feeling depressed, which can range from feelings from low mood to acute or chronic symptoms of depression;
- A similar number have felt anxious;
- 1 in 10 people use a substance such as alcohol or drugs in a way that may be harmful to their health; and
- About half of all people who are feeling depressed do not have any contact with health services.

As the surveys generally relate to people with sustained depressive symptoms of at least two weeks duration, the number of people troubled by depressive symptoms in the community could be expected to be higher. The RID trial is especially designed to address the needs of this latter group in our communities.

## Background

The RID trial (2006-2013) will test whether a set of web-based self-help programmes that have been used in Australia and Norway work for reducing depression in New Zealand. The programmes include cognitive behaviour therapy and information about depression.



<http://www.otago.ac.nz/>

## How do people apply?

People wishing to take part in the trial are directed to the study's web site (<http://www.otago.ac.nz/rid>) and asked to read an Information Sheet about the study, complete a set of 'screening' questions and a set of questions about how they have been feeling lately. If they wish to continue with their trial application, they then sign the Consent Form online, and complete a demographic questionnaire. They are notified within a week whether or not they have been accepted into the trial.



## What is involved?

Initially, participants will complete questions on their recent moods and feelings. They will be assigned by chance to one of three programmes and complete exercises at their own pace over four weeks.

In the fifth week, participants will again complete a set of questions about their recent moods and feelings and then again at 6-monthly intervals for 2 years. Each assessment on these five separate occasions will take about one hour.

## Who are we inviting?

To 'test' how well this programme works, we are inviting at least 700 people to take part in this trial. They should be:

- 18 years of age or older
- NZ Residents
- Have access to the internet

### Please note that

This trial should not be considered to be a substitute for professional advice for treatment for depression or anxiety.

