

Dear mental health professional,

Re: Participation in qualitative study investigating the experience of delivering long-term treatment for mood disorders.

The Royal Australian & New Zealand College of Psychiatrists (RANZCP) has commissioned researchers at the Anna Freud Centre and University College London to produce an evidence review of the use of long-term psychodynamic psychotherapy (LTPP) for mood disorders. As part of this review, the research team has been commissioned to conduct a qualitative study investigating the value, efficacy, and acceptability of LTPP and other psychological interventions in the treatment of mood disorder. In this project, mood disorders refer to recurrent, chronic, and acute depression, complex depression, and depression that is comorbid with other mental illnesses or neurodevelopmental conditions.

We want to hear from Australian and Aotearoa/New Zealand mental health professionals about their experience of delivering treatment for mood disorder. Eligible participants in this study will share aspects of their experience of delivering treatment in a single one-hour semi-structured interview. Participants will receive a payment for their participation. Interviewees will be asked to reflect on what they think are the most effective aspects of current provision for mood disorder treatment, as well as how current provision might be improved.

Because long-term treatments for mood disorder and other complex presentations, e.g., depression comorbid with personality disorder, are typically indicated for individuals with more severe forms of mental health disorder who have already received other first-line treatments, we are interested in hearing from professionals who have experience with treating individuals suffering from more treatment-resistant forms of depression and other mental health problems.

We are particularly interested in hearing from professionals who deliver LTPP and are even more interested in hearing from those who have experience delivering LTPP and other treatments for individuals with mood disorder.

If you are interested, and would like to receive more information about participating in this study, please contact Max Moser at max.moser@ucl.ac.uk

Yours sincerely

Dr. Chloe Campbell

Deputy Director of the Psychoanalysis Unit at the Clinical, Educational, and Health Psychology department at University College London.