

depressioNet User Survey 2004

Results

Conducted in partnership with the Federal Department of
Family and Community Services (FaCS)
October - November 2004



The purpose of depressioNet is to empower people to make informed choices
and find solutions to the challenges of living with depression.

Background

This survey was conducted via an online questionnaire at depressioNet.com.au with three main objectives:

1. Better understand who uses depressioNet and how, the benefits and how we may improve to increase the benefits for people living with depression;
2. Help Family and Community Services (FaCS) and depressioNet identify areas where we can work together to reduce the impact of depression on the lives of income support recipients and increase social and economic participation;
3. Increase understanding of the issues for people living with depression within the Australian community and investigate potential differences in needs and solutions for people living with depression and those with depression as well as other mental illnesses.

depressioNet would like to acknowledge the invaluable pro-bono assistance provided by AMR Interactive in preparing this report.

Summary of results

The following table provides an insight into the areas in which depressioNet is able to empower people to make informed choices and find solutions.

Using depressioNet helped me . . .	Agree + Strongly Agree
To understand that I am not alone	87%
To better understand the symptoms of depression	81%
To learn the way I can help myself	78%
To better understand treatments	71%
To better manage the symptoms	62%
To access treatment	29%
To find professionals in my area	31%
To find support groups in my area	30%
To learn how to better help a family member or friend	33%
To learn to gain the support I need from family members	33%
To improve the support I received from family and friends	35%
To be able to continue to work while having depression	41%
To improve my performance at work while having depression	39%
To be able to return/start work	28%
As a student/teacher/academic	20%

Note: While 28% of respondents overall stated that using depressioNet helped them to be able to return to / start work, this rises to 40% for those with depression and/or anxiety only (people with other mental illnesses were less able to return to work)

Respondents

There were a total of 722 respondents for this online survey. The following is a brief snapshot of the respondents.

Gender: 76%/24% gender split between females and males respectively (Q44, n=709)

Marital Status:

Marital status	% of Respondents
Single - Never married	34%
Single - Divorced/separated	20%
Married/defacto	42%
Other	4%

(Q45, n=707)

Country of birth and residence: Most respondents were born (79%) and resided (95%) in Australia (Q48 & Q49, n=722)

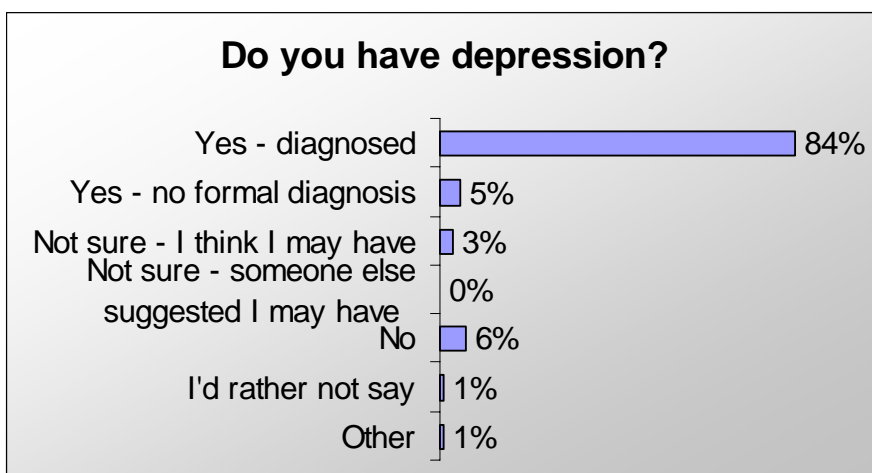
Caring responsibilities: 37% of respondents had dependent children (n=709), with 76% of these living with them (Q46, n= 265).

37% of respondents had caring responsibilities for other individuals, with 38% of this number being responsible for a spouse, 18% being responsible for a parent, and 44% responsible for others (Q47, n=265).

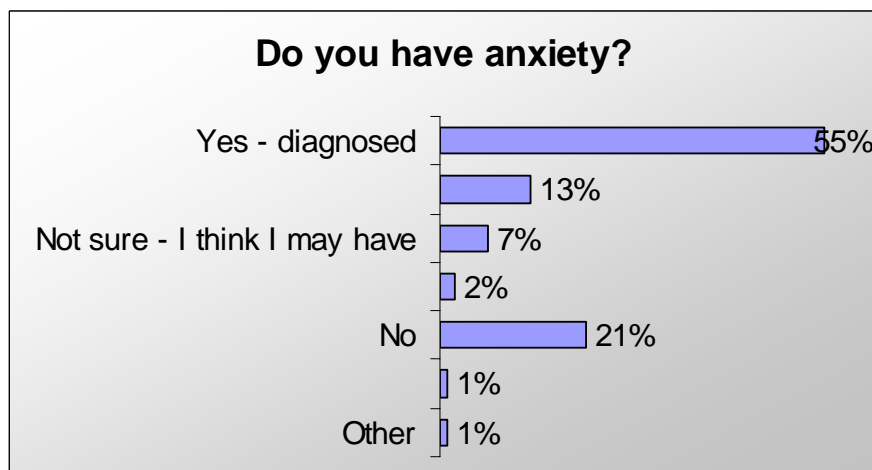
Age: the following table demonstrates the age breakdown of respondents:

Age	% of Respondents
Under 18	2%
18-24	18%
25-34	25%
35-44	25%
45-54	21%
55+	9%

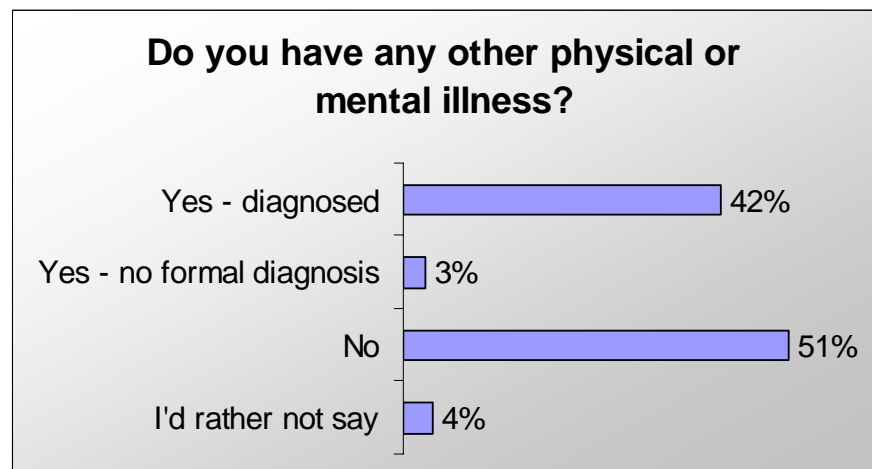
Depression, anxiety and other mental illnesses



(Q21, n=713)



(Q22, n=677)



(Q23, n=694)

Method of finding depressionNet.com.au:

The following table gives the source by which respondents first heard about depressionNet.com.au by age groups.

Age group (Years)	Internet Search Engine	Link from another website	Referral	Media	Other	Total %
Under 18	53.8%	23.1%	15.4%	0%	7.7%	100%
18-24	64.7%	15.0%	17.3%	3.0%	0%	100%
25-34	66.7%	13.6%	16.4%	3.4%	0%	100%
35-44	65.3%	17.0%	10.8%	4.0%	2.8%	100%
45-54	64.4%	10.1%	15.4%	7.4%	2.0%	100%
55 +	46.8%	17.7%	25.8%	6.5%	3.2%	100%
Total	459	105	114	32	11	722

Sources of referral

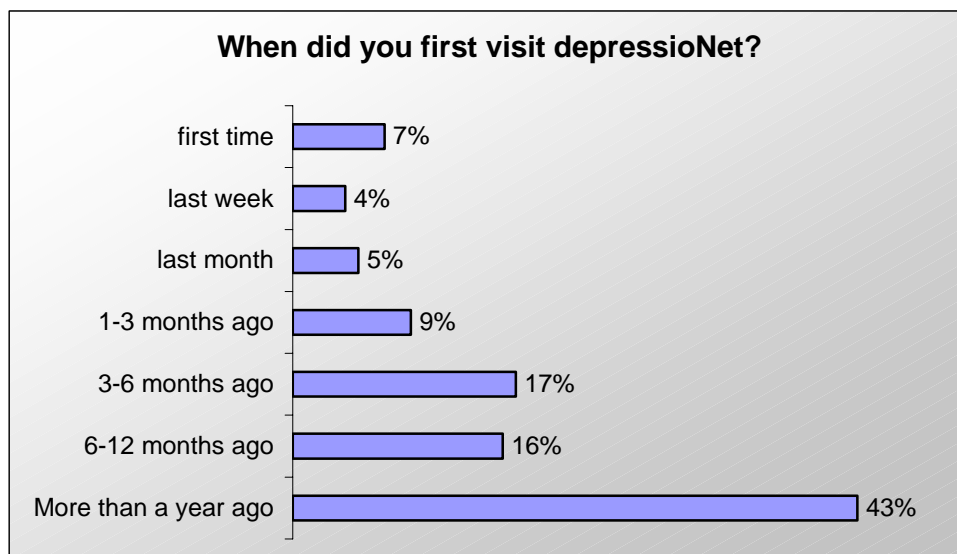
Respondents who answered that they were referred to depressionNet were asked to specify the source of referral. .

Source of Referral	% of Respondents
A friend or family member	38%
General Practitioner (GP)	14%
Other Healthcare Professional	17%
Workplace	5%
Centrelink	6%
Other	21%

(n=114)

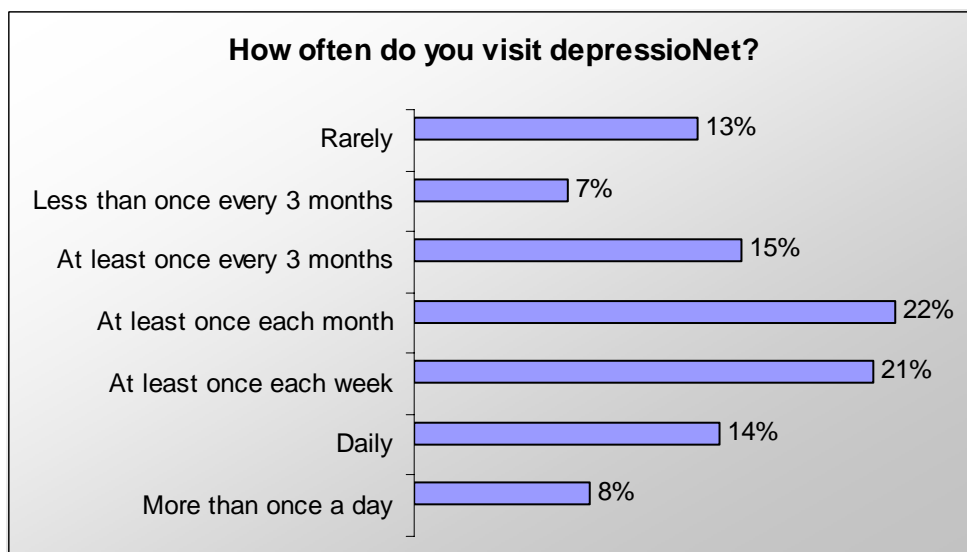
Results

Use of depressionNet



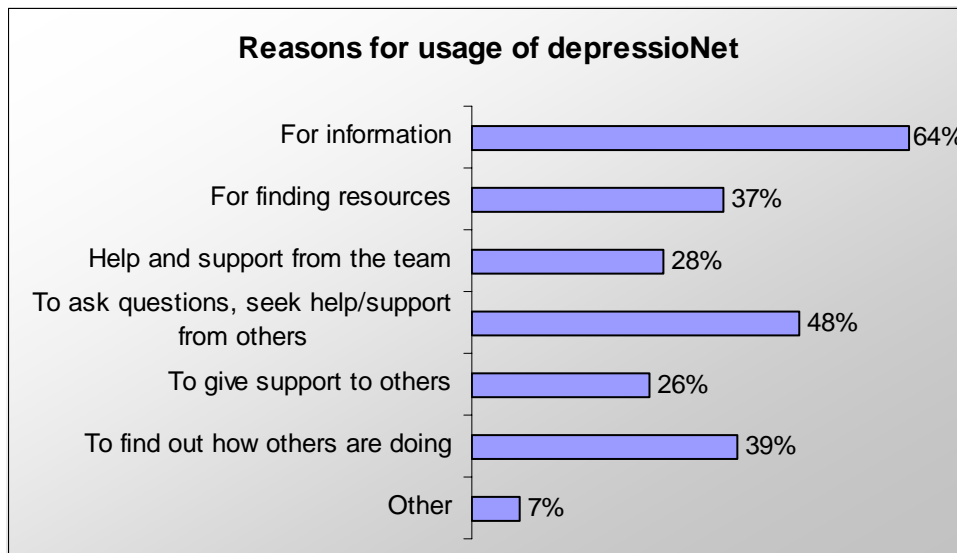
(Q2, n=722)

The results show that 59% of respondents have been using depressionNet for greater than 6 months, with most of these having visited for over 12 months.



(Q12, n=710)

Respondents varied on the amount that they visited depressionNet however 22% were visiting at least daily and 63% at least once a month.



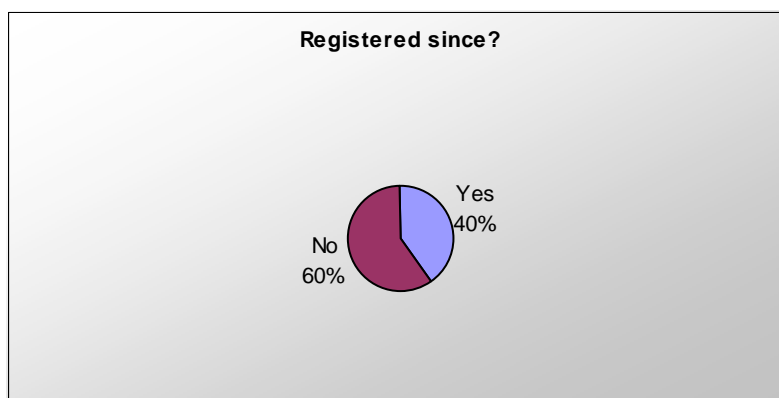
(Q12 n=722)

A clear majority (64%) of respondents use depressionNet for informational purposes. Almost half (48%) use depressionNet for the support offered. 37% use depressionNet for its resources and a further 39% use it to find out how others are doing.

Registration with the online communication forums (messageboard and chat)



(Q7, n=720. The number of respondents: Yes: 272; No: 356; Don't remember: 92)



(Q8, n= 350)

A Total of 64% of respondents are registered with the messageboard and chat.