

Multicultural Information on Depression: Effects of a multilingual information website intervention on the levels of depression literacy and depression related stigma in Greek-born and Italian-born immigrants living in Australia

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		<input type="checkbox"/> Protocol
Registration date 04/02/2010	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 29/12/2020	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

Effects of a multilingual information website intervention on the levels of depression literacy and depression related stigma in Greek-born and Italian-born immigrants living in Australia: a cross-sectional randomised controlled trial

Acronym

MIDonline

Study objectives

In this study, we evaluate the impact of a new web-based multilingual intervention (MIDonline) on depression literacy, personal and perceived stigma and level of depression among Greek-born and Italian-born immigrants living in Melbourne, Australia.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Monash University Standing Committee on Ethics in Research involving Humans approved on the 27th June 2006 (ref: 2006/546)

Study design

Single centre cross-sectional randomised controlled trial

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Depression and depression related stigma

Interventions

Participants were randomly assigned either to the MIDonline intervention or the control/no intervention interview condition. Participants in both conditions spent on average 1 - 1.5 hours to complete the MIDonline condition or the control interview.

MIDonline Intervention:

The intervention comprised the consumer stream of the MIDonline website (<http://www.MIDonline.com.au>) which provides online multilingual information about depression designed for middle- to older-aged consumers from a non-English speaking background. The material is available in the Greek, Italian and English languages. The website content incorporates information about symptoms and case studies of depression, how depression is diagnosed, related disorders, causes, treatment options, how to find a bilingual mental health professional and professional psychological care, stigma related to mental illness, and multilingual translated resources. The MIDonline website also includes separate sections for carers and mental health

professionals. The information is provided in a culturally relevant way. For example, case studies are representative of middle- to older-aged people of both genders who are Greek-born and Italian-born.

Control condition:

The control intervention consisted of a semi-structured interview with a bilingual interviewer who asked open-ended questions about the participant's depression related illness schemas. Specifically, questions were asked about the causes, important symptoms, course and development, treatments and outcomes of depression.

The follow-up questionnaire was completed an average of 7.95 days (sd = 2.34) after participants completed the post-intervention questionnaire for both the MIDonline and control/interview arms.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Depression literacy, assessed using translated and adapted versions of the D-Lit scale which is a 22-item true/false test of knowledge about depression. A higher score on this scale indicated greater literacy.
2. Depression related stigma; changes in personal (reflecting the participants' personal attitudes) and perceived (reflecting participants' beliefs about the attitudes of others) depression stigma were assessed using the 18-item Depression Stigma Scale. Half of the items required participants to rate how strongly they personally agreed with a statement about depression (e.g., people with depression are unpredictable). The other half of the items asked the participant to indicate what they thought most other people believed about the same issue (e.g. 'most people believe that people with depression are unpredictable'). Ratings were made on a five-point Likert scale. Scores on the total scale range from 0 to 36 for the full scale and 0 to 18 for each of the two nine-item sub-scales, with higher scores indicating greater stigma.
3. Level of depression. Depression severity was measured with the Beck Depression Inventory - version 2 (BDI-II) which is a 21-item instrument for measuring severity of depression in adults. Responses to items covered the 'past two weeks, including today'. Responses on the BDI-II items range from 0 to 6 with higher values indicating higher severity.

All participants who took part in the study completed the pre-, post- and 1 week follow-up questionnaires which included the above outcome measures. The pre- questionnaire was completed just prior to taking part in either the MIDonline intervention or the control condition and the post- assessment straight after the completion of the intervention or control condition. The follow up questionnaire was completed an average of 7.95 days (s.d. = 2.34) after participants completed the post-intervention questionnaire.

Key secondary outcome(s)

Socio-demographic variables and clinical history such as:

1. Age
2. Gender
3. Birthplace
4. Marital status

5. Level of education
6. Occupation level
7. Currently working
8. Length of stay in Melbourne
9. Greek identification
10. Italian identification
11. Australian identification
12. Current living situation
13. English language proficiency
14. Current work status
15. Alcohol use
16. Memory functioning
17. Reported physical conditions
18. Frequency of physical activity
19. Tobacco use
20. Currently receiving treatment for an emotional or psychological problem
21. What type of treatment being received and from whom
22. Indicators of quality of life

Recorded at the pre-assessment time point only.

Completion date

01/06/2009

Eligibility

Key inclusion criteria

1. Middle- to older-aged (45+ years of age), either sex
2. Greek-born or Italian-born first generation immigrants
3. Living in Melbourne, Australia

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Total final enrolment

202

Key exclusion criteria

Does not meet inclusion criteria

Date of first enrolment

01/11/2006

Date of final enrolment

01/06/2009

Locations

Countries of recruitment

Australia

Study participating centre

Monash University

Melbourne

Australia

3168

Sponsor information

Organisation

The beyondblue Victorian Centre of Excellence in Depression and Related Disorders (Australia)

ROR

<https://ror.org/05mwvz623>

Funder(s)

Funder type

Research organisation

Funder Name

The beyondblue Victorian Centre of Excellence in Depression and Related Disorders (Australia)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	19/04/2011	29/12/2020	Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes