



BLACK DOG INSTITUTE



## **Mood Assessment Program (MAP)**

### **Southern Highlands MAP Centre. Information for Patients.**

#### **Introduction:**

You have been referred to undertake a computerised assessment called the Mood Assessment Program (MAP).

#### **What is the MAP?**

The MAP is a computer program that has been developed by the Black Dog Institute to assist health professionals in the diagnosis and treatment of depression and other mood disorders. By completing the MAP, you are able to provide your referring doctor or psychologist with information that will assist in the development of a treatment plan specifically for you. It is important to understand that the MAP on its own does not offer a diagnosis. Rather, the information contained in the MAP report may assist your doctor or psychologist in making a diagnosis and developing a treatment plan for you.

#### **How does the MAP work and much does it cost?**

Each patient spends approximately one hour entering information into a computer program. The computer then uses the information to generate a report which is mailed to your referring doctor or psychologist. There is no charge for completing the MAP assessment.

#### **What sort of questions will the program ask?**

The MAP will ask many questions about your background and your illness. As each person's experience of depression is different, the program's questions aim to build a picture of your unique experience. A few examples of the types of questions you will be asked include:

- Questions about your physical health
- Questions about symptoms of depression and how those symptoms affect you
- Background information such as events that have had a significant impact on you
- Details about current and previous treatments (including medication and therapy) that you have tried. It may help you to use the worksheet on the back of this page to write down treatments in preparation for your appointment.

#### **Confidentiality:**

The information you provide when completing the MAP will be kept strictly confidential. It will be used to compile a report which will be sent to your referring health professional. The Black Dog Institute does not keep a copy of the report.

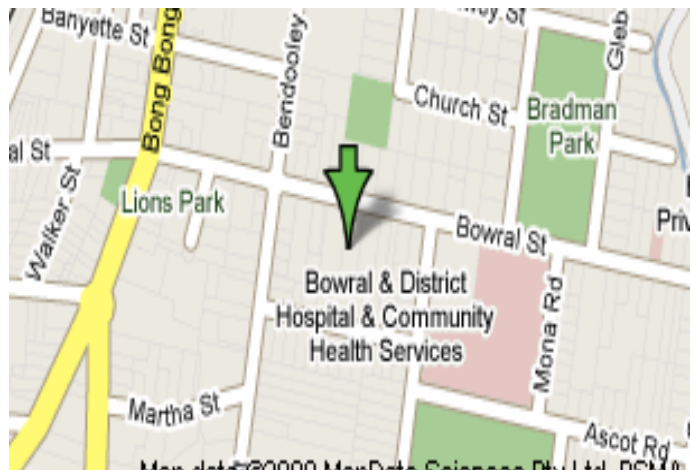
#### **How do I make an appointment at the Southern Highlands MAP Centre?**

In order to undertake a MAP assessment you must first obtain a referral. Once you have obtained a referral please call (02) 4861 7884 to make an appointment. It may be necessary to leave a message. If this is the case, someone will call you back as soon as possible. It is essential to make an appointment. *Please take this sheet and your referral with you to your appointment.*

**How to find the Southern Highlands MAP Centre:**

The MAP Centre is operated by the Southern Highlands Division of General Practice is located within the Highlands Medical Centre, 83 Bowral Street, Bowral (between Bendooley St and Sheffield Rd).

Should you need to change your appointment or if you get lost or need help with directions, please call the MAP Centre on (02) 4861 7884.



**Parking:**

Parking is available on site.

When you arrive please tell reception that you have an appointment for a MAP assessment.

**Public Transport:**

The Southern Highlands MAP Centre is a 15 minute walk from Bowral train station. Walk along Station Street until you reach Bowral Street. Turn left into Bowral Street and walk toward the hospital. 83 Bowral Street is in the block before Bowral Hospital.

**Preparation for your appointment:**

During the assessment you will be asked about treatments you have tried for depression. It may assist you to complete the table below before your appointment. You will not be required to show these notes to anyone else. The notes are to help you complete the MAP program.

Name of treatment (medication, counselling or therapy). Remember to include non-prescribed medications.	Current (i.e. taken now) or previous?	How helpful is/was it? (e.g. Very, some what or not at all)	Did you cease the medication because of side effects?

**What to take on the day:**

Please remember to take your referral and this worksheet to your appointment.

**What happens after my appointment?**

A report will be sent to your referring doctor or psychologist. You should make an appointment with your doctor or psychologist to discuss the report.