

Have you cared for someone who has received long-term psychotherapy treatment for depression?

The Royal Australian & New Zealand College of Psychiatrists is looking for carers to share their experience of caring for people who have received **long-term psychodynamic psychotherapy** treatment for mood disorders. A treatment is considered long-term if it lasts over one year or 12 months, and mood disorders refer to recurrent and chronic depression, and depression with other mental health conditions such as personality disorder. Psychodynamic psychotherapy is a psychological treatment that involves talking to a therapist about past experiences and relationships, and how they affect our thoughts and feelings in the present.

Participating in this study will include:

A **single one-hour interview** about how mental health treatment is sought, accessed, and received. You will be asked to reflect on how long-term psychodynamic treatment has affected the person you care for, as well as how long-term psychotherapy compares with other treatments the person may have received.

You will receive a payment for your participation.

Individuals who care for someone who has received **psychodynamic psychotherapy** for over one year are encouraged to apply. If you would like to apply, or if you have any questions related to the study, please contact Max Moser via e-mail at: max.moser@ucl.ac.uk for more information.