

ANU study focuses on mental illness

The Australian National University will put mental-health services to the test after securing one of 12 grants from the Australian Primary Health Care Research Institute.

Professor Helen Christensen, of the ANU's Centre for Mental Health Research, said the study would focus on the ways mental illness was treated and managed in general practice.

Researchers would examine evidence-based mental-health services in a range of areas from early prevention to recovery and rehabilitation, according to Professor Christensen, who will lead the project.

"There is a growing recognition of the importance of self-directed care, due partly to predicted per capita reductions in health funding, shifts in the age profile of the Australian population and increases in the prevalence of chronic disease.

"Our proposal includes the evaluation of self-help and information technology in delivering better services for people with mental-health problems." The institute gave out \$1.7 million in grants for 12 projects around the country.

— Danielle Cronin