

Ecouch-Depression Stream

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Centre for Mental Health Research

The Australian National University



ECOUCH

[Http://ecouch.anu.edu.au](http://ecouch.anu.edu.au)



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[Technical Requirements](#)

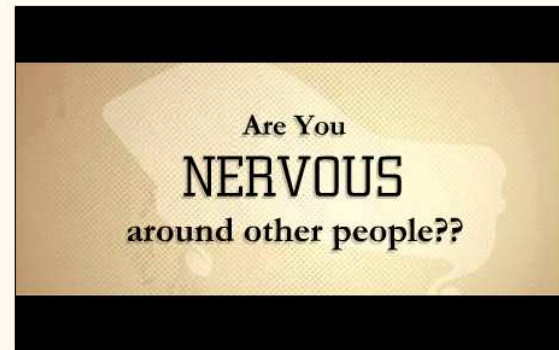
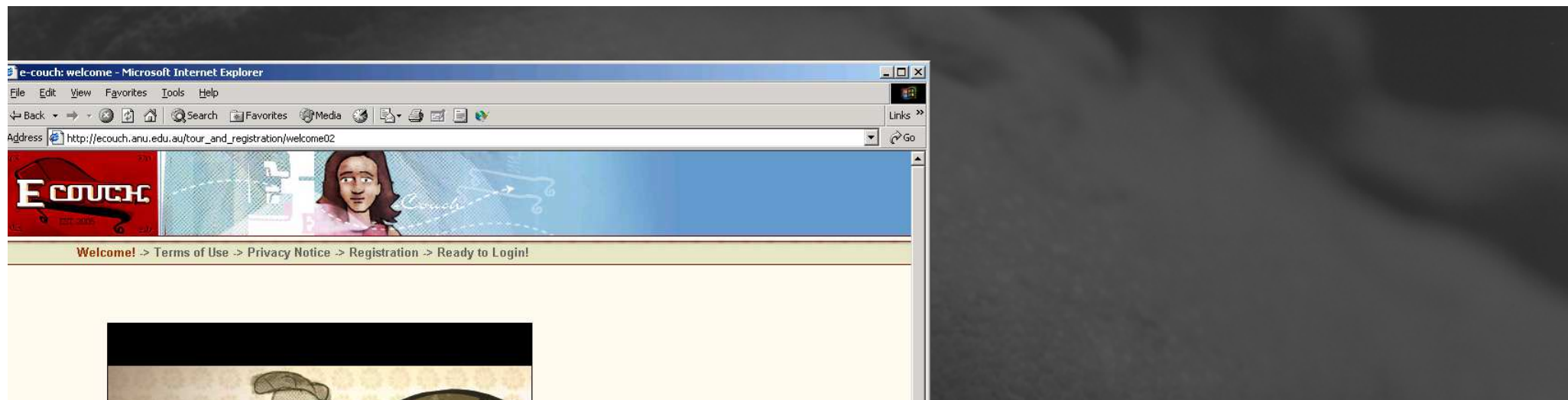
[If you are feeling suicidal](#)

Registered Users

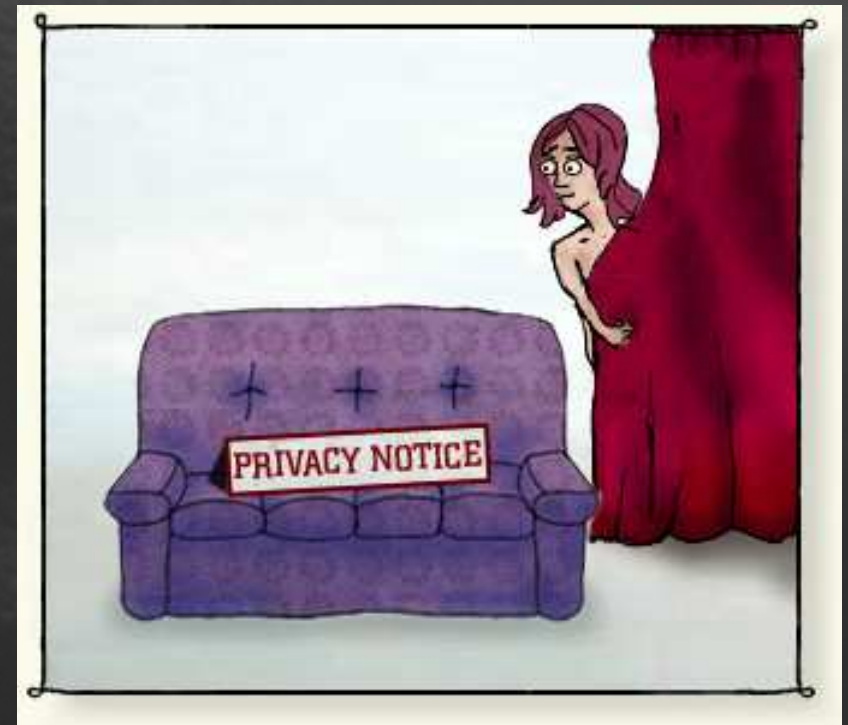
Name

Password

New Users
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Terms of use and privacy





Welcome! -> [Terms of Use](#) -> [Privacy Notice](#) -> [Registration](#) -> Ready to Login!

Registration

You are ready to register with e-couch

Please enter your details below and click 'Register'.

Be sure to write down your username and password as you will need these to login to future sessions. Note that to protect your privacy, we strongly prefer that you **do not use your real name as your username**.

* Required

* Username

* Password

* Re-enter Password

Your e-mail address

(An automated email will be sent to your email address confirming your registration details)

* Your age category

Assessment instruments

Goldberg Anxiety and Depression Scales

Prime MD PHQ Panic Items (2)

Social anxiety item FQ (1)

Small animal phobia (1)

Stages of change

Perceived stigma

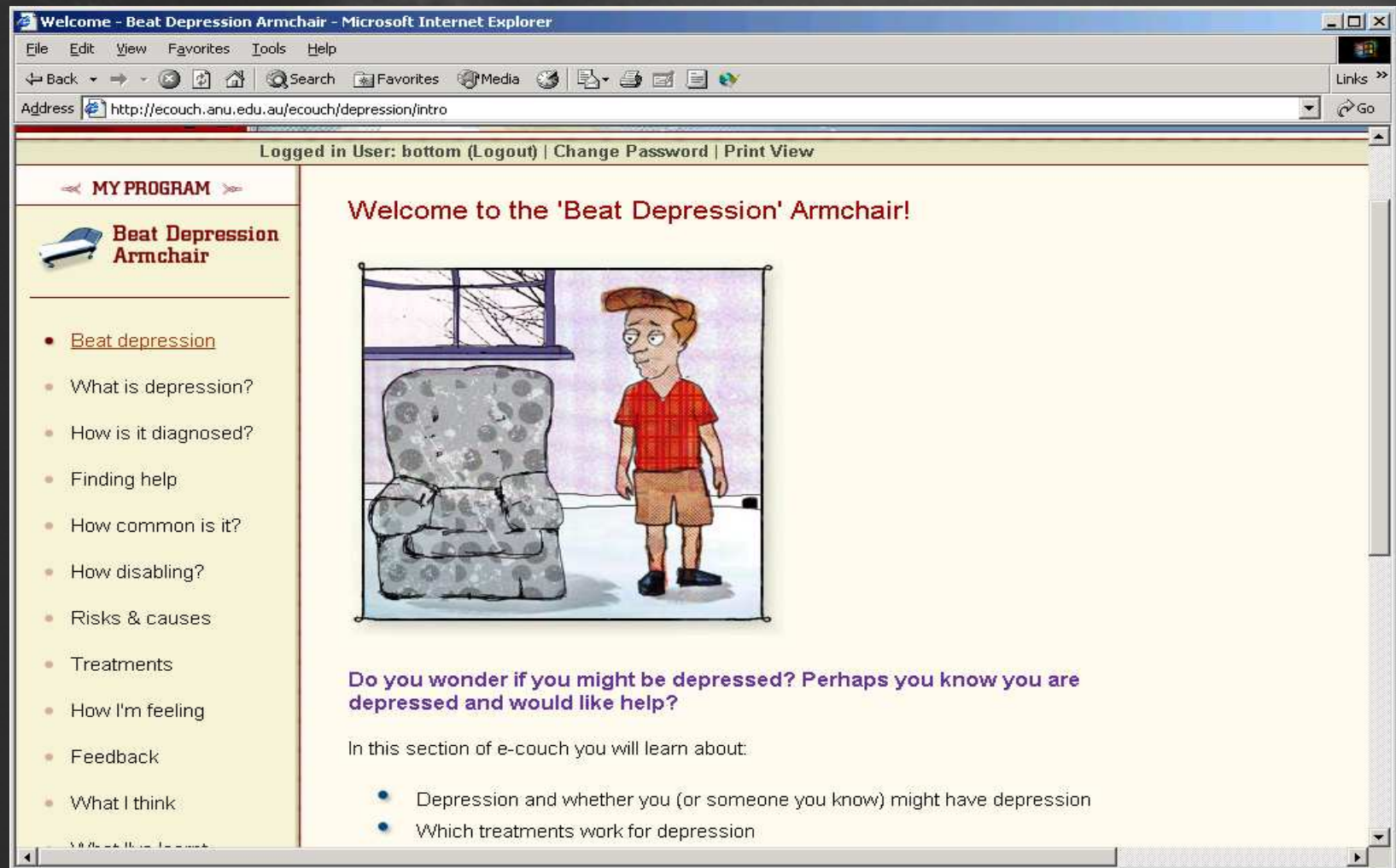
Help from people –

Knowledge of treatments: Medical psych lifestyle

Marital status, separation, loss

Substance use

Mental Health literacy



Symptoms

What is Depression? - Beat Depression Armchair - Microsoft Internet Explorer

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Address <http://ecouch.anu.edu.au/ecouch/depression/depression>

- **What is depression?**
- How is it diagnosed?
- Finding help
- How common is it?
- How disabling?
- Risks & causes
- Treatments
- How I'm feeling
- Feedback
- What I think
- What I've learnt

However, sometimes the sadness is long lasting – it does not disappear in an hour, a day or even a week. Rather, it feels like you have plunged into a painful, black hole from which there is no escape or that you are enveloped in a bleak, never ending prison of numbness. You can see no possibility of ever returning to a happy or pain free existence. This is the experience of **depression**, or 'clinical depression'.

Nora has depression. Click on the arrow below to find out how she feels.



Next

Still to come...

 e-couch Self-help

These bleak feelings are accompanied by other problem feelings and thoughts and behaviours. These can include tiredness, irritability, feeling worthless, a poor appetite and difficulty sleeping. In addition depression can seriously interfere with work, social and home

What is Depression? - Beat Depression Armchair - Microsoft Internet Explorer

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Other aspects of mental health literacy

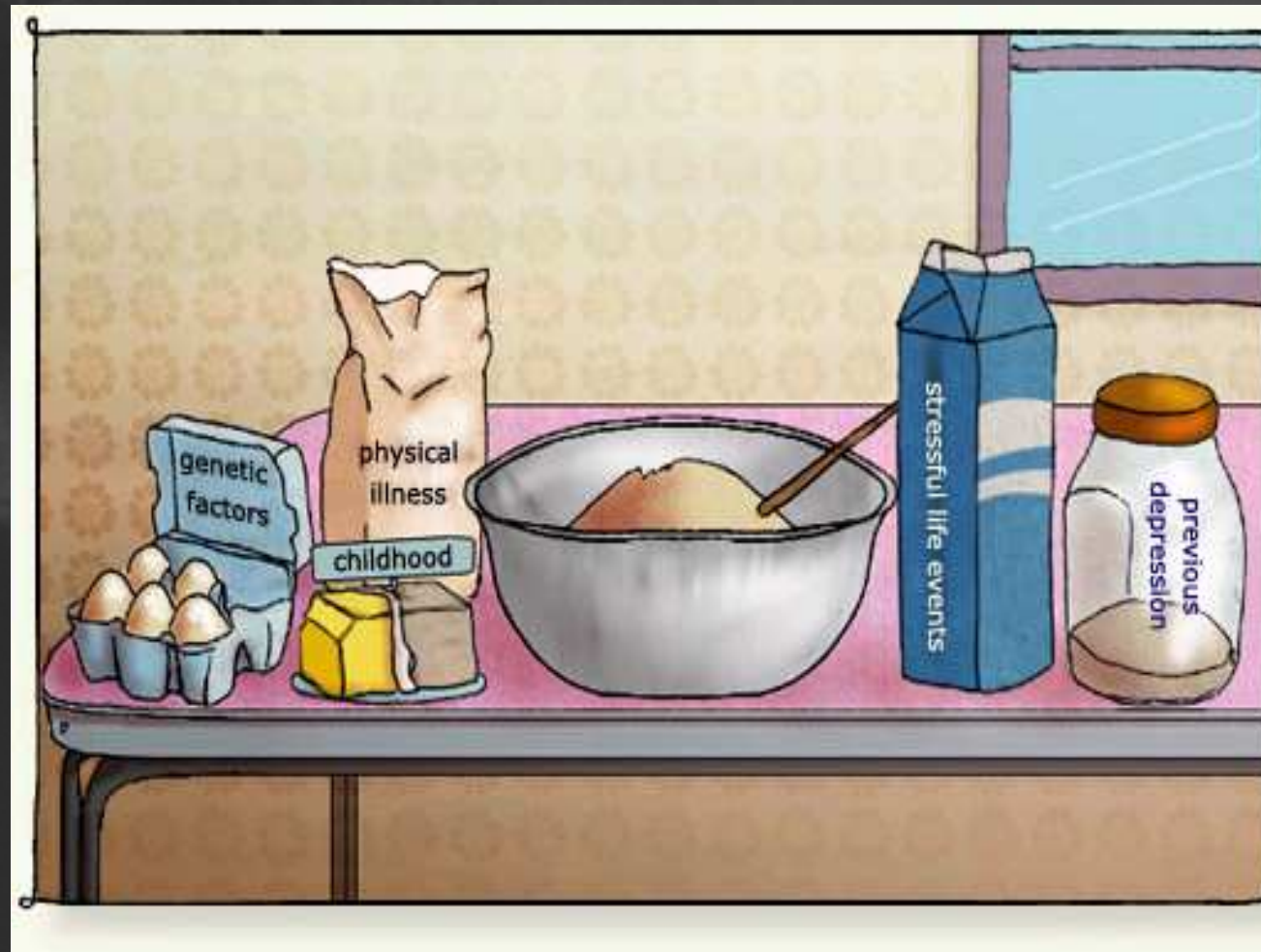
Diagnosis

Prevalence

Leading cause of
disability

Risk factors

Treatments



Treatments

What works for treating Depression? - Beat Depression Armchair - Microsoft Internet Explorer

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Treatments

- How I'm feeling
- Feedback
- What I think
- What I've learnt

Still to come...

 **e-couch Self-help**

 **Workbook**

MEDICAL TREATMENTS

- ☺☺☺ [Antidepressants](#)
- ☺☺☺ [Electroconvulsive therapy](#)
- ☺ [Transcranial magnetic stimulation](#)
- ☺ [Oestrogen](#)

PSYCHOLOGICAL TREATMENTS

- ☺☺☺ [Cognitive behaviour therapy](#)
- ☺☺ [Interpersonal psychotherapy](#)
- ☺☺ [Bibliotherapy \(self-help books\)](#)
- ☺☺ [Psychodynamic psychotherapy](#)
- ☺ [Relaxation therapy](#)

LIFESTYLE TREATMENTS

Interpersonal Psychotherapy (IPT) - Psychological treatments for Depression - Beat Depression A - Microsoft Internet Explorer


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Address http://ecouch.anu.edu.au/ecouch/depression/dep_treatments_info/ipt Go

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 **Beat Depression Armchair**

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Psychological treatments for depression

Treatment:
Interpersonal psychotherapy

Our rating:


Interpersonal psychotherapy (IPT) is an important form of talk therapy. It is based on the idea that the way you feel can be affected by events in your life and particularly your relationships with other people. These problems might include grief after the loss of someone close, conflict with other people, difficulty changing roles and problems forming relationships. IPT teaches strategies for dealing with each of these types of problems. The aim is that by changing your circumstances you can improve your mood.

IPT has been found to be an effective treatment for mild to moderate depression in a number of studies. There is evidence that it is as effective as antidepressants. However, it has not been the subject of as many studies as CBT or antidepressants.

IPT usually involves seeing a therapist weekly over a number of months. It is usually offered by clinical psychologists or a trained counsellor. It can be expensive if you need to see a therapist privately. However, some hospital and government funded clinics provide IPT.

Interpersonal psychotherapy is a useful treatment, but it may be difficult to access.

e-couch includes an IPT toolkit for help with depression.

[Key References](#)

Symptom assessments after MHL

How am I feeling? - Beat Depression Armchair - Microsoft Internet Explorer


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Checking back in with how you are feeling

You have now completed the first section of the e-couch 'Beat Depression Armchair'

You can revisit the information in this section at anytime by clicking on the left hand menu link.

Before we continue, take a moment to think about how you have been feeling recently



	Yes	No
Have you ever felt keyed up or on edge?	<input type="radio"/>	<input type="radio"/>
Have you been worrying a lot?	<input type="radio"/>	<input type="radio"/>
Have you been irritable?	<input type="radio"/>	<input type="radio"/>
Have you had difficulty relaxing?	<input type="radio"/>	<input type="radio"/>
Have you been sleeping poorly?	<input type="radio"/>	<input type="radio"/>
Have you had headaches or neckaches?	<input type="radio"/>	<input type="radio"/>

Feedback on how am I feeling - Beat Depression Armchair - Microsoft Internet Explorer


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Feedback: How am I going?

On the anxiety scale you scored **7**.

This score is in the MIDDLE to HIGH range

You have more anxiety symptoms than the average person. You may tend to become upset by stressful events, and by your own mistakes. You may be a little timid, and then frustrated, upset or annoyed because of missed opportunities.

e-couch may be of great interest to you, since it aims to improve the way you approach situations in life. Keep a record of your anxiety score and you will be able to see if you improve with time.

On the depression scale, you scored **6**.

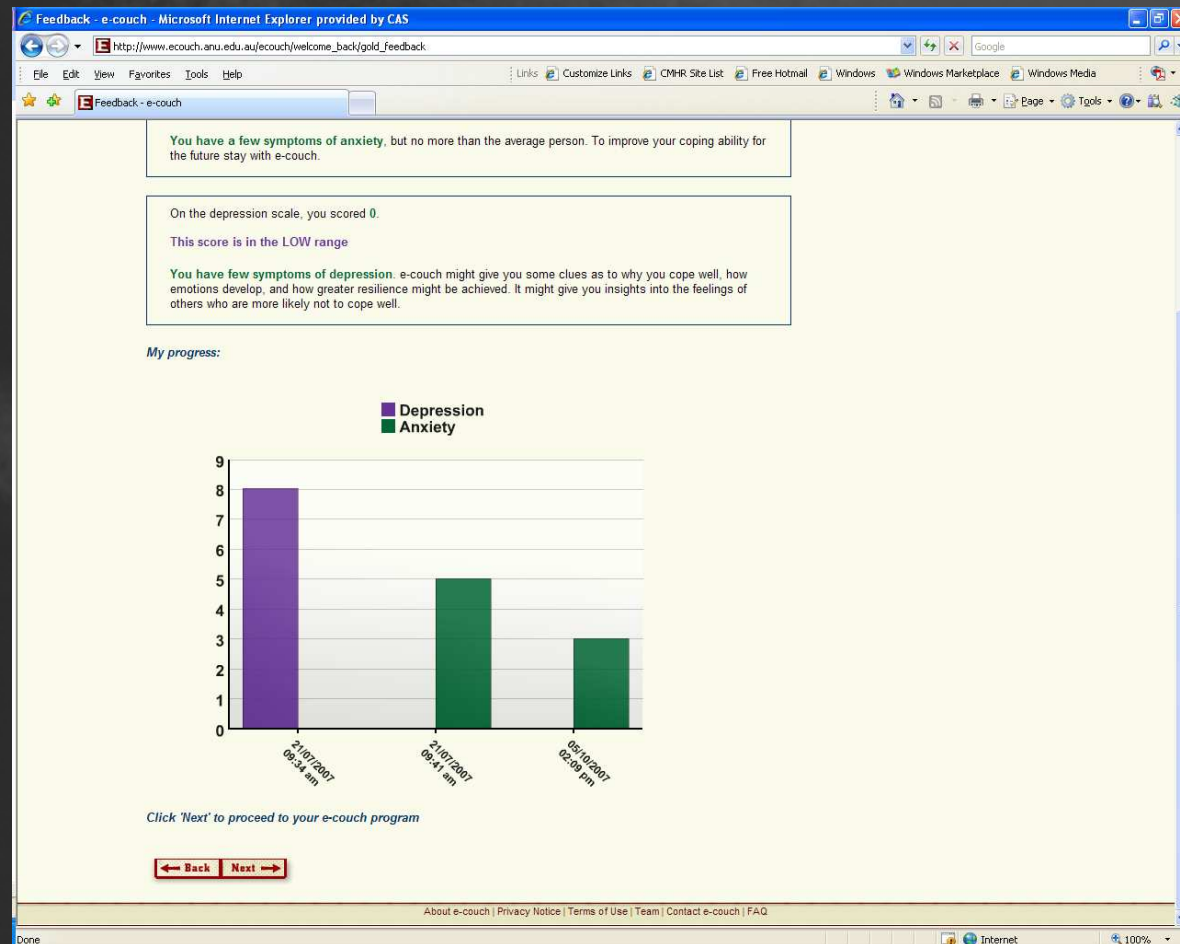
This score is in the MIDDLE to HIGH range

You have more depression symptoms than the average person your age. There are many reasons why you might have scored in this range. Perhaps you tend to become upset by events that others don't react to. Perhaps something unfortunate has occurred in the last few weeks and you haven't got over it, even though you normally cope very well.

In either case, e-couch may be of great interest to you, since it aims to improve the way you approach situations in life.

UNIVERSITY

Symptom levels recorded in workbook



Self help toolkits

Welcome - Beat Depression Tools - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/intro

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Welcome - Beat Depression Tools

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Self-help

- e-couch Self-help
- e-couch Toolkits

Go back to...

Beat Depression Armchair


Take me to...

Workbook

e-couch self help

You have already learnt quite a lot about depression. You know that there are treatments that work for depression and you know what they are. You also know that there are people who can help you and where to find them.

You can also take steps to **help yourself** using e-couch's depression toolkits.

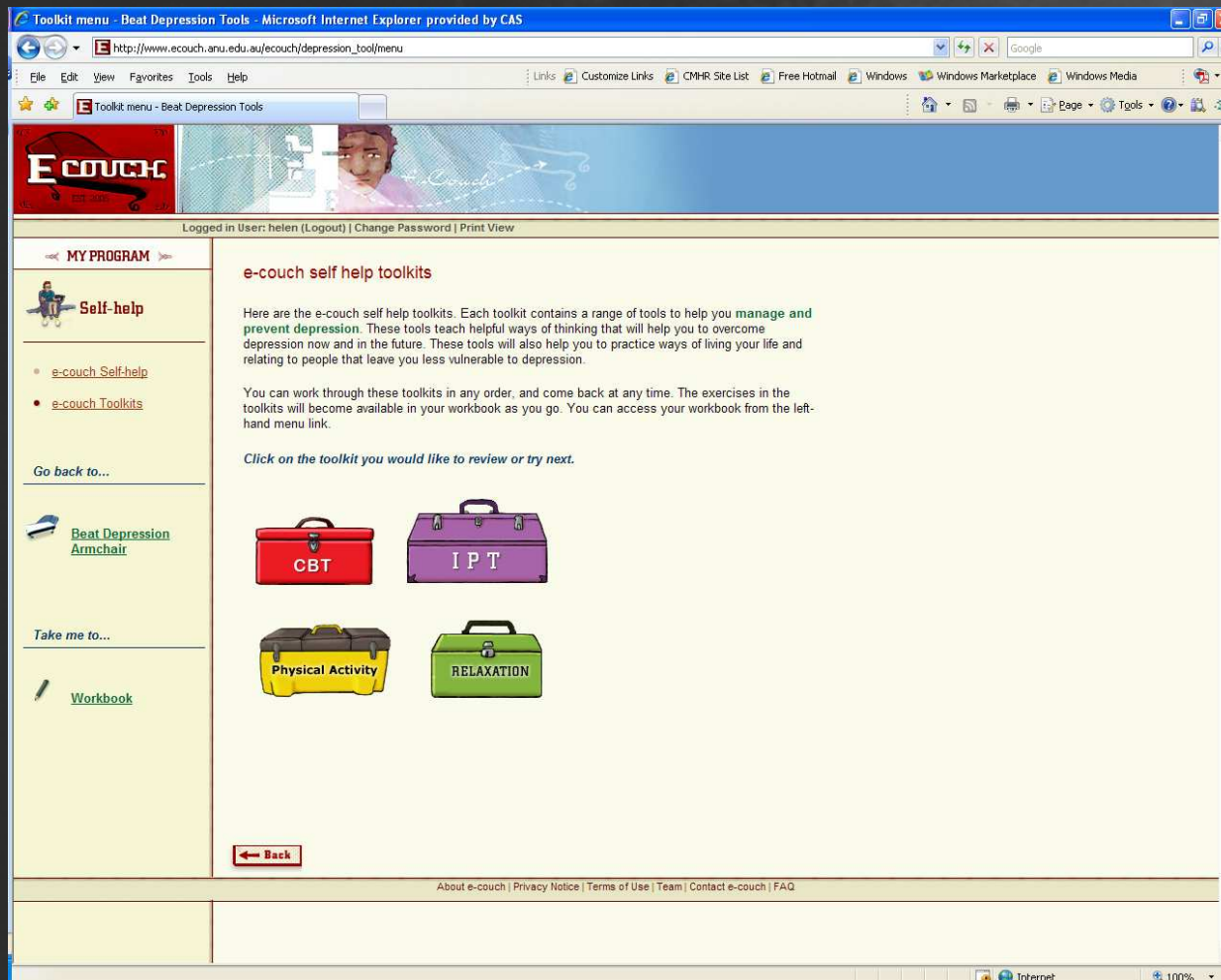


It's time to take the e-couch self-help controls and learn what you can do yourself to prevent and treat depression...

Click next to get started

[Back](#) [Next](#)

Choice of four for depression stream



CBT

Welcome - CBT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/cbt/intro

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Welcome - CBT Toolkit

E Couch Cognitive Behaviour Therapy (CBT)

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Cognitive Behaviour Therapy

Cognitive Behaviour Therapy (CBT for short) involves learning to deal with unhelpful thoughts, including beliefs you have about yourself and your life.

CBT uses reasoning and facts to challenge distorted or unrealistic thoughts and assumptions. This warped thinking often happens without you even noticing. CBT can help you detect when that's happening and to improve your mood. CBT can also help to **protect you from depression**.

[More...](#)



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CBT

Welcome - CBT Toolkit

e-couch Cognitive Behaviour Therapy (CBT)

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[More...](#)



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CBT

Internet Explorer browser window displaying the e-couch CBT website.

Page Header: e-couch Cognitive Behaviour Therapy (CBT)

User Status: Logged in User: helen (Logout) | Change Password | Print View

Navigation Menu (Left):

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 - Introduction
 - Overview
 - Thoughts & mood
 - CBT tools**
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 - Feedback
- Take me to...
- e-couch Toolkits
- Workbook
- Beat Depression Armchair

Main Content Area:

CBT tools

Your e-couch CBT toolkit contains three tools to help you tackle your depression.

You'll need to work through these tools in order

➔ [Thinking about thinking](#)

This tool will help you to identify and name warped thoughts, and see how they can lead to depression.

— [Changing your thinking](#)

This tool will help you learn ways of changing your warped thoughts to improve your mood.

— [Changing your behaviour](#)

This tool will help you to see how changing your behaviour can help to improve your mood.

Let's start by focusing on the way thoughts can affect your mood - let's think about thinking.

Click next to continue, or click on the link above.

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CBT

How to tackle negative thinking - Thinking about thinking - CBT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/cbt/tools/tat/negative

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How to tackle negative thinking - Thinking about thinki...

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How to tackle negative thinking

Recognising warpy trends

When you are feeling depressed your thinking can be distorted or biased towards the negative. This negative thinking often doesn't match the facts or reality of your situation. Here we will refer to this kind of thinking as **warpy**.

Because you may be unaware of your negative or warpy thoughts, they are often considered to occur automatically. Warpy thoughts can influence you without your knowing. It is as though there is an invisible judge or fearmonger sitting in your head who automatically pounces on your mistakes or puts a negative spin on things!

Catching yourself thinking negatively and recognising particular warps in your thinking are important steps in shifting your mood in a more positive direction and in tackling depression.

Common warps

Below are some common warpy thinking styles. Click on each to read more:

Catastrophising or Exaggerating	Overgeneralising	Mental Filtering
Minimising the Positive	Taking Good Things the Wrong Way	Black and White or All-or-None Thinking
Emotional Reasoning	Jumping to Conclusions or Arbitrary Inference	Labelling or Mislabelling

Next we'll look at some examples of warpy thoughts in different situations.

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How to tackle negative thinking - Thinking about thinking - CBT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/cbt/tools/tat/negative

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How to tackle negative thinking - Thinking about thinki...

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Overgeneralising

When you draw a conclusion from a single bad event or misfortune to include a whole area of your life.

(Example: You went through a painful breakup with your long-term girlfriend, and now you think that all your relationships are doomed).

Next we'll look at some examples of warpy thoughts in different situations.

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Spotting warpy thoughts - Thinking about thinking - CBT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/cbt/tools/tak/warp_spotting

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Spotting warpy thoughts - Thinking about thinking - C...

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Want to have a go at spotting some warps?

Let's see some warpy thinking in action

Run your mouse over the text below where you notice a warpy thinking style in Thomas's thoughts

Thomas is a 25 year old who works as an electrician. He met Chloe at a friend's party and they have been out on a few dates. Thomas thinks that Chloe is very attractive, fun to be with, and a lovely person. He really hopes that things might go further.

Thomas picks Chloe up at her place and she says how nice he looks. They go out for dinner and although they enjoy the meal, Chloe is quiet and doesn't say much for the entire evening.

Thomas thinks, "I wonder why she's so quiet tonight? I thought we'd been getting on well and I thought she liked me. She's probably changed her mind about me."

"She clearly isn't keen on me anymore. She probably thinks I'm stupid and boring. Let's face it, I am boring and I don't have a degree like she does."

"She's way out of my league anyway. I'm not good enough for a woman like her. All my mates have girlfriends but they're more interesting than me and have great jobs."

"I'm never going to have someone love me. I'll be alone forever. I feel really down."

Click on the links above to see Thomas' warpy thoughts...

Thomas's thinking has many warpy and illogical elements. Notice how his thinking snowballs - it's almost unstoppable. With this kind of self-talk going on in his head it's no wonder that he feels bad and pessimistic about his future relationships.

Spotting warpy thoughts - Thinking about thinking - CBT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/cbt/tools/tat/warp_spotting

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Spotting warpy thoughts - Thinking about thinking - C...

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Jumping to conclusions; Minimising the positive.

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Assumptions about common situations - Thinking about thinking - CBT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/cbt/tools/tat/more_situations





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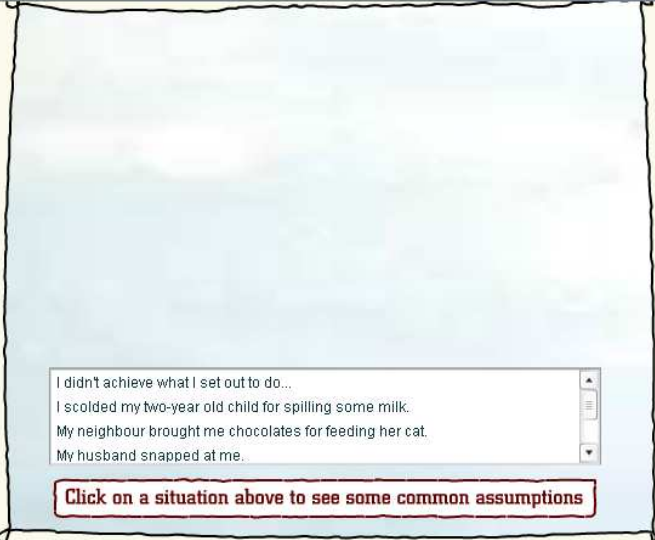
Assumptions about common situations - Thinking about...

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I didn't achieve what I set out to do...

I scolded my two-year old child for spilling some milk.

My neighbour brought me chocolates for feeding her cat.

My husband snapped at me.

Click on a situation above to see some common assumptions

Make a list of examples from your life:

Situation	Response	Assumption
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="button" value="Add"/> <input type="button" value="Remove"/>		
<input type="button" value="Submit responses"/>		

[Click here](#) to remind yourself of common assumptions

Try to catch yourself making unrealistic assumptions about situations you are in, or people you're with.

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http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/cbt/tools/tat/assumptions

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Assumptions about common situations - Thinking about...

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Example Situation
I didn't achieve what I set out to do...

➔

Response
It'll all Anna's fault!

Type of assumption:
Blaming

I didn't achieve what I set out to do...
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Warpy thoughts - Thinking about thinking - CBT Toolkit - Microsoft Internet Explorer provided by CAS

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Warpy thoughts - Thinking about thinking - CBT Toolkit

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- [Beat Depression](#)

Some real situations and warpy thoughts

Below are some warpy thoughts people have reported in real situations:

Example Situation

I haven't had a partner for five years.

Response

Other people have relationships. I must be stupid and unattractive for not having met a decent man who likes me.

Type of warpy thought:

Arbitrary inference
Labelling

I haven't had a partner for five years.
I'm feeling depressed.
I'm amongst other people, but I feel left out.
I haven't finished the work which I promised for today's meeting.

Click on a situation above to see common warpy thoughts

A quick look at these thoughts shows how often people's warpy thoughts involve exaggeration, catastrophising and skewed reasoning about situations and themselves!

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The tools to improve your mood - CBT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/cbt/tools

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The tools to improve your mood - CBT Toolkit

E couch Cognitive Behaviour Therapy (CBT)

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CBT Toolkit

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CBT tools

Your e-couch CBT toolkit contains three tools to help you tackle your depression.

You have already explored the 'Thinking about thinking' and 'Changing your thinking' tools.

The final CBT tool is 'Changing your behaviour'

✓ Thinking about thinking

This tool will help you to identify and name warped thoughts, and see how they can lead to depression.

✓ Changing your thinking

This tool will help you learn ways of changing your warped thoughts to improve your mood.

➔ Changing your behaviour

This tool will help you to see how changing your behaviour can help to improve your mood.

Click next to continue to 'Changing your behaviour' or click on the link above

You can also click on the links above to review previous sections. Don't forget you can visit your workbook at any time to record your thoughts, feelings and experiences.

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Doing more - My enjoyment profile - Changing your behaviour - CBT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/cbt/tools/cyb/my_activities

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Doing more - My enjoyment profile - Changing your b...

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CBT Toolkit


Changing Your Behaviour

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- Acting differently
- Breaking habits
- Enjoyment & depression
- Lack of pleasure snowball
- What do you enjoy?
- My pleasant events quiz
- My pleasant events quiz
- My pleasant events quiz
- My pleasant events quiz
- My enjoyment profile
- Pleasure plotter
- Doris's pleasure plotter
- Doris's pleasure plotter
- My pleasant events planning

Take me to...

Doing more of what you enjoy

Before we start planning your pleasant activities schedule, think about the activities that you enjoy most or that you used to enjoy most...



Based on your responses to the Pleasant Events checklist...

You most enjoy:

Please complete the [Pleasant Events checklist](#) so we can give you feedback about things you enjoy, and whether you're doing them often enough...

Your goal over the next month is to do more of the activities that you enjoy.

Look at the list above and think about any other activities that you enjoy or enjoyed before you were depressed. Don't restrict yourself to major activities. Even a small activity, such as going into the garden and cutting a flower to display it counts if you enjoy it.

Enter the activities you would like to focus on below

I am going to increase the following activities:



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Pleasure Plotter - CBT - Workbook - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/workbook/main/pleasure_plotter

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Pleasure Plotter - CBT - Workbook

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Workbook

Exercises & diaries

Take me to...

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My Pleasure Plotter

Welcome to your Pleasure Plotter

To get started, choose the day for which you would like to plan some pleasant events

Once you have entered your plan press submit below.

Date: Yesterday

Time	Activity	How Enjoyable?	What was good about it?
Before 9am	<input type="text"/>	<input type="text"/>	<input type="text"/>
9am	<input type="text"/>	<input type="text"/>	<input type="text"/>
10am	<input type="text"/>	<input type="text"/>	<input type="text"/>
11am	<input type="text"/>	<input type="text"/>	<input type="text"/>
12 noon	<input type="text"/>	<input type="text"/>	<input type="text"/>
1 pm	<input type="text"/>	<input type="text"/>	<input type="text"/>
2 pm	<input type="text"/>	<input type="text"/>	<input type="text"/>
3 pm	<input type="text"/>	<input type="text"/>	<input type="text"/>
4 pm	<input type="text"/>	<input type="text"/>	<input type="text"/>
5 pm	<input type="text"/>	<input type="text"/>	<input type="text"/>

Checking in with how you're feeling - CBT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/cbt/gold

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Checking in with how you're feeling - CBT Toolkit

ECOUCH Cognitive Behaviour Therapy (CBT)

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How are you feeling now?

You have come to the end of the CBT Toolkit.

Before continuing, take a moment to check in with how you are feeling.

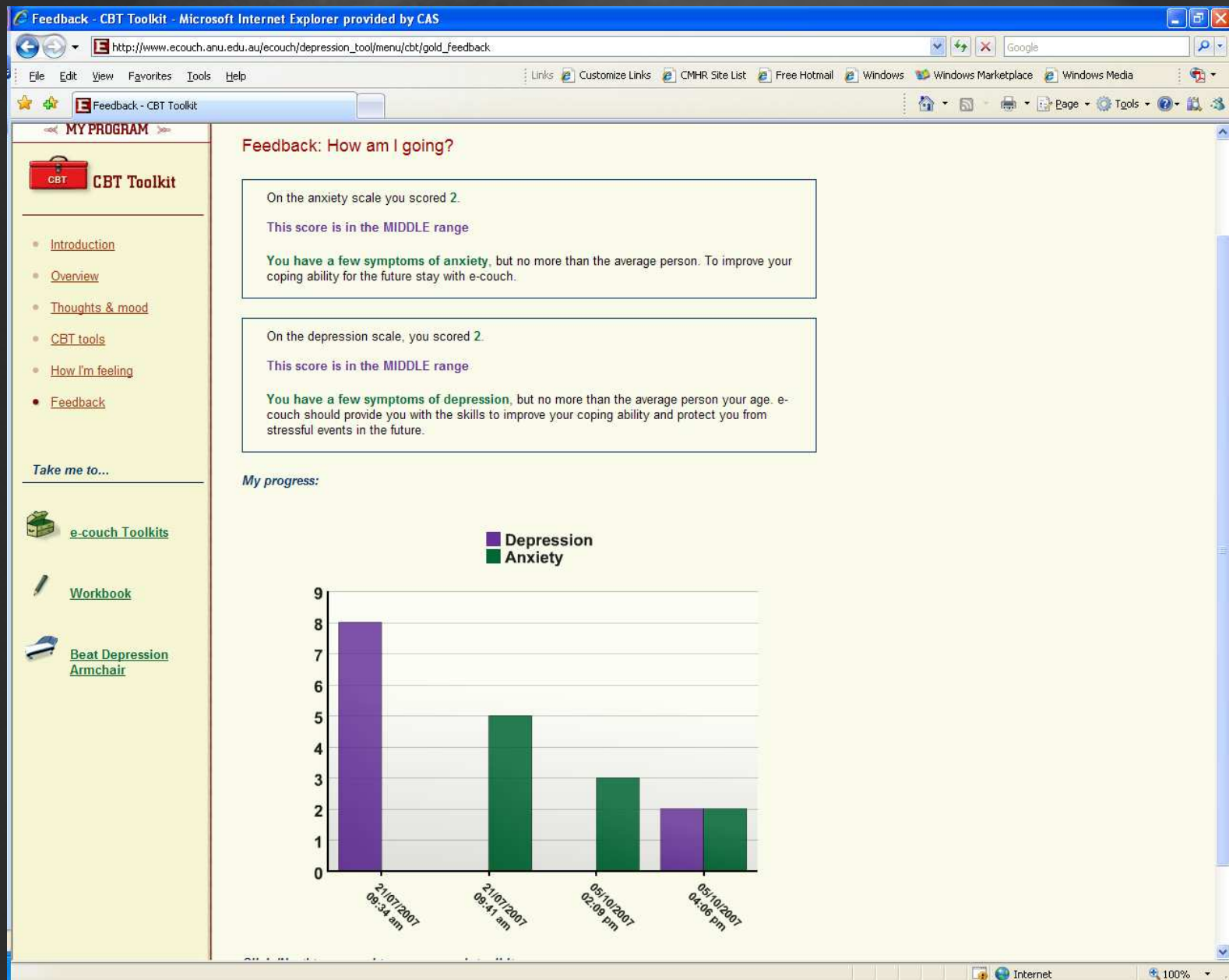
Think about how you have been feeling recently and answer the following questions:

	Yes	No
Have you ever felt keyed up or on edge?	<input type="radio"/>	<input type="radio"/>
Have you been worrying a lot?	<input type="radio"/>	<input type="radio"/>
Have you been irritable?	<input type="radio"/>	<input type="radio"/>
Have you had difficulty relaxing?	<input type="radio"/>	<input type="radio"/>
Have you been sleeping poorly?	<input type="radio"/>	<input type="radio"/>
Have you had headaches or neckaches?	<input type="radio"/>	<input type="radio"/>
Have you had any of the following: trembling, tingling, dizzy spells, sweating, diarrhoea, or needing to pass water more often than usual?	<input type="radio"/>	<input type="radio"/>
Have you been worrying about your health?	<input type="radio"/>	<input type="radio"/>
Have you had difficulty falling asleep?	<input type="radio"/>	<input type="radio"/>

Again, think about how you have been feeling lately:

	Yes	No
Have you been lacking in energy?	<input type="radio"/>	<input type="radio"/>
Have you lost interest in things?	<input type="radio"/>	<input type="radio"/>
Have you lost confidence in yourself?	<input type="radio"/>	<input type="radio"/>
Have you felt hopeless?	<input type="radio"/>	<input type="radio"/>

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Rating enjoyable activities - Changing your behaviour - CBT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/cbt/tools/cyb/enjoyment

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Rating enjoyable activities - Changing your behaviour...

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CBT Toolkit

Changing Your Behaviour

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- My pleasant events quiz
- My enjoyment profile
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- My pleasant events planning

Take me to...

What do you enjoy?

Take a look at the following activities and tell us how often you do each and how enjoyable you find it

There are 60 items in total, but it's really worth the effort!

Need a reminder of the rating system? [Click here](#)

Let's begin with the first 10 items:

Activity	How Often?	How enjoyable?
Being in the country	not this month	not pleasant
Meeting someone new of the same sex	not this month	not pleasant
Planning trips or vacations	not this month	not pleasant
Reading the scriptures or other sacred works	not this month	not pleasant
Reading stories, novels, poems, or plays	not this month	not pleasant
Going to lectures or hearing speakers	not this month	not pleasant
Driving skillfully	not this month	not pleasant
Breathing clean air	not this month	not pleasant
Saying something clearly	not this month	not pleasant
Thinking about something good in the future	not this month	not pleasant

Submit responses

Toolkit menu - Beat Depression Tools - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu

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Toolkit menu - Beat Depression Tools

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MY PROGRAM

Self-help

- e-couch Self-help
- e-couch Toolkits

Go back to...

Beat Depression Armchair

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Workbook

e-couch self help toolkits

Here are the e-couch self help toolkits. Each toolkit contains a range of tools to help you **manage and prevent depression**. These tools teach helpful ways of thinking that will help you to overcome depression now and in the future. These tools will also help you to practice ways of living your life and relating to people that leave you less vulnerable to depression.

You can work through these toolkits in any order, and come back at any time. The exercises in the toolkits will become available in your workbook as you go. You can access your workbook from the left-hand menu link.

Click on the toolkit you would like to review or try next.

CBT

I P T

Physical Activity

RELAXATION

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How does IPT work? - IPT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/ipt/how

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How does IPT work? - IPT Toolkit

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How does IPT work?

The therapy is based on the idea that the way you are feeling at the moment may be tied to what has been happening in your life recently, and, in particular, to how good your relationships with others are. If you are not getting on well with people, you may feel bad. When you feel bad, you may not interact in the best way with others.

IPT's most important message is that it is possible to change how you feel by changing the way you interact with people.

If you change your interactions with people you can improve the way you feel.

Click on the arrows below:



Why do I feel so bad?

Click to activate and use this control

Why do I feel so bad?

Why do I feel so bad?

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IPT's most important message is that it is possible to change how you feel by changing the way you interact with people.

If you change your interactions with people you can improve the way you feel.

Click on the arrows below:



Remember: Changing your interactions can improve the way you feel.


Recent stress - IPT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/ipt/stress

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Recent stress - IPT Toolkit


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Do I have stressful things happening in my life recently?

Do you have stressful relationships?

It may be worthwhile reviewing what has happened in your life over the last 12 months. Remember, the way you feel may be tied to events or social circumstances which have made life a bit tough.

The following questionnaire asks you about stressful things that may have happened in your life recently.

Notice that some events are more stressful than others. This is indicated by the distress rating symbols on the right hand side of the table.

Answer yes if the event has happened to you in the last 12 months:

Events	Distress Rating	
Health	Yes	No
You had a minor illness or injury like one needing a visit to a doctor or a couple of days off	<input type="radio"/>	<input type="radio"/> !
You had a serious illness, injury or operation needing hospitalization or a month or more off work	<input type="radio"/>	<input type="radio"/> !!
A close relative had a serious illness (from which they did not die)	<input type="radio"/>	<input type="radio"/> !!
Health	Yes	No
You are pregnant (with a wanted pregnancy)	<input type="radio"/>	<input type="radio"/> !
You are pregnant (with an unwanted pregnancy)	<input type="radio"/>	<input type="radio"/> !!
You had an abortion or miscarriage	<input type="radio"/>	<input type="radio"/> !!
You had a baby	<input type="radio"/>	<input type="radio"/> !
Bereavement	Yes	No
Your partner died	<input type="radio"/>	<input type="radio"/> !!!
A child of yours died	<input type="radio"/>	<input type="radio"/> !!!
A close family member died (eg parent, brother, etc)	<input type="radio"/>	<input type="radio"/> !!!

Stressful events feedback - IPT Toolkit - Microsoft Internet Explorer provided by CAS

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Stressful events feedback - IPT Toolkit

E COUCH Interpersonal Psychotherapy (IPT)

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My stressful events

On the stressful events questionnaire you listed 6 stressful event(s).

A score of 3-10 events indicates that you have a moderate number of stressors, so you might start to think of ways to reduce them. If these involve relationships, the following parts of this toolkit should prove helpful.

The total distress rating for these stressful events is 8.

A score of 6-15 means that you've either had lots of little hassles which have been never-ending, or you have had a couple of major blows. Similar events might be avoidable in the future or turned around!

Many stressful events relate to relationships.

Remember, **good relationships make you feel good and bad relationships make you feel bad!**

So how can I change my stressful social situations?

IPT suggests four main areas of focus for improving social relationships: Grief, Role Disputes, Role Changes, and Problems making relationships.

Click next to read about these areas of focus, and to choose which you'd like to look at first

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Internet 100%

Main areas of focus - IPT Toolkit - Microsoft Internet Explorer provided by CAS


http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/ipt/areas

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Main areas of focus - IPT Toolkit


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IPT: Areas of focus

There are four main areas of focus for improving social relationships using IPT


Click on the first area of focus you would like to look at, and let's get started!

 [Grief](#)


Grief is a normal psychological reaction to the loss of someone who has died. If you are having trouble coming to terms with the loss of someone this may be a good choice for you.

 [Role Disputes](#)

Are you having lots of fights with an important person in your life? This person may be your partner, your boss, someone at work, your son or daughter, or it could be any number of people. If so, choosing this strategy could be an option for you.


 [Role Changes](#)

Are you going through transitions in your life? For example, are you breaking up with your partner or getting divorced, or are you changing jobs? Is your son or daughter leaving home? If so, this option could be a good choice for you.

 [Problems making relationships](#)

Some people have always had trouble with relationships. If this is you, please choose this option.

[Click here](#) to review your feedback from the Stressful Events questionnaire.

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Accepting the need to grieve - Grief - IPT toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/ipt/areas/grief/intro/accept

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Accepting the need to grieve - Grief - IPT toolkit

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IPT Toolkit

Grief

- Dealing with grief


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Things which can help with grief

Accepting what's happening to you and your need to grieve

- Understanding that grief is normal, that it can't be hurried along and may take a long time
- Allowing yourself time to grieve and realising you may need to put aside time in the day to be alone with your grief
- Letting yourself cry



A character is crying but taking comfort in patting his pet dog

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Relationships - Role disputes - IPT toolkit - Microsoft Internet Explorer provided by CAS





http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/ipt/areas/role_disputes/relationships

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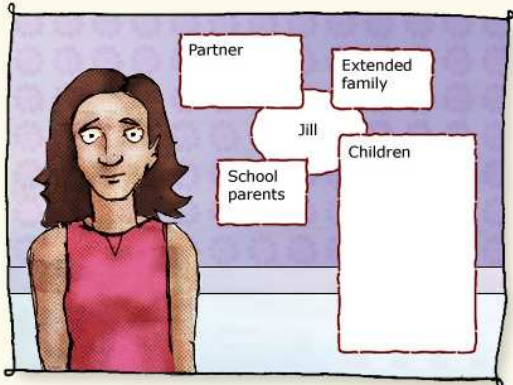
Relationships - Role disputes - IPT toolkit

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family are also important.



Below is a diagram for Francis who is an executive working for a large computer company. Francis's most important relationships revolve around his work colleagues, followed by his family. He is 35 years old, married with two kids. Francis sees his life as focused on establishing his career. He doesn't differentiate his wife from his kids – he sees the family as family.



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My Relationships Diagram - Role disputes - IPT toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/ipt/areas/role_disputes/my_diagram

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My Relationships Diagram - Role disputes - IPT toolkit

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Role Disputes

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IPT Areas

e-couch Toolkits

What are your relationships like?

You might like to construct your own diagram of your relationships.

Consider all the people with whom you have relationships and use the exercise below to create a diagram with you in the middle and those around you. The size of the relationship boxes you select should reflect the importance of these relationships to you.

CREATE BOX

Choose a relationship and the size of its relationship box. Click "create box" and then drag the box to the diagram above. To delete a box drag it over the trash can.

You might discover that your actual relationships do not reflect your ideal set of relationships

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Change Your Circumstances - Role disputes - IPT toolkit - Microsoft Internet Explorer provided by CAS





http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/ipt/areas/role_disputes/resolve

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Change Your Circumstances - Role disputes - IPT toolkit

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- * Who is the dispute with?
- * What are the issues in the dispute?
- * What are your expectations of the person?
- * What do you think their expectations are?
- * What things have been tried to resolve the dispute? What worked and what didn't work?

Think about the example below:

Two friends have different expectations of lateness. Chloe is cool about lateness, and it doesn't bother her when others are late. Lucy waits religiously. She is always on time. Imagine Chloe and Lucy meeting weekly for three weeks in a row... Lucy waits, and Chloe is late every time. Lucy is hurt and annoyed.



Volume

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http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/ipt/areas/role_disputes/resolve

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My friend Chloe.

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Change Your Circumstances - Role disputes - IPT toolkit - Microsoft Internet Explorer provided by CAS

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Change Your Circumstances - Role disputes - IPT toolkit

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She has kids. Sure it's hard to find a carpark and she figures that she can't control for that kind of thing.

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Change Your Circumstances - Role disputes - IPT toolkit - Microsoft Internet Explorer provided by CAS

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I'm busy too and I made it! And if I can make it why can't she? Chloe can't think that much of me.

Volume

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Clarification and Resolution - An Example - Role disputes - IPT toolkit - Microsoft Internet Explorer provided by CAS


http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/ipt/areas/role_disputes/clarify


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Clarification and Resolution - An Example - Role disput...


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sorts of role disputes.

- There has been increasing serious arguments with your partner

Now you can apply what you know to clarify and resolve these disputes:

Who is the dispute with?

What are the issues in the dispute?

What are your expectations of the person?

What do you think their expectations are?

Think about what you have done resolve the dispute:

- What you have tried?
- Did this involve an **indirect** solution (eg. silently fuming), a **direct** option (eg. telling the person what the problem was) or **changing your expectations**?
- Did what you tried work?

What I've tried	Option type	Did it work?
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="button" value="Add"/>	<input type="button" value="Remove"/>	

Now think about what other options you could try and what sort of options these are:

(You can come back to this exercise in your workbook to record whether these options worked)

What I could try	Option type	Did it work?
<input type="text"/>	<input type="text"/>	<input type="text"/>

Main areas of focus - IPT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/ipt/areas




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Main areas of focus - IPT Toolkit

IPT Toolkit

- Introduction
- My stressful events
- Feedback
- IPT areas**
- Summary of IPT
- How I'm feeling
- Feedback


Take me to...

-  [e-couch Toolkits](#)
-  [Workbook](#)
-  [Beat Depression Armchair](#)

There are four main areas of focus for improving social relationships using IPT


You've looked at Grief and Role Disputes.

Click on the other areas if you'd like to explore these, otherwise click next to continue.




[Grief](#)

Grief is a normal psychological reaction to the loss of someone who has died. If you are having trouble coming to terms with the loss of someone this may be a good choice for you.




[Role Disputes](#)

Are you having lots of fights with an important person in your life? This person may be your partner, your boss, someone at work, your son or daughter, or it could be any number of people. If so, choosing this strategy could be an option for you.



[Role Changes](#)

Are you going through transitions in your life? For example, are you breaking up with your partner or getting divorced, or are you changing jobs? Is your son or daughter leaving home? If so, this option could be a good choice for you.



[Problems making relationships](#)

Some people have always had trouble with relationships. If this is you, please choose this option.

[Click here](#) to review your feedback from the Stressful Events questionnaire.

You can come back at any time, and also visit your workbook to continue with exercises you find useful.

[← Back](#) [Next →](#)

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Rating enjoyable activities - Changing your behaviour - CBT Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/cbt/tools/cyb/enjoyment

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Rating enjoyable activities - Changing your behaviour...

ECOUCH

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MY PROGRAM

CBT Toolkit

Changing Your Behaviour

- Behaviours and mood
- Acting differently
- Breaking habits
- Enjoyment & depression
- Lack of pleasure snowball
- What do you enjoy?
- My pleasant events quiz**
- My pleasant events quiz
- My pleasant events quiz
- My pleasant events quiz
- My enjoyment profile
- Pleasure plotter
- Doris's pleasure plotter
- Doris's pleasure plotter
- My pleasant events planning

Take me to...

What do you enjoy?

Take a look at the following activities and tell us how often you do each and how enjoyable you find it

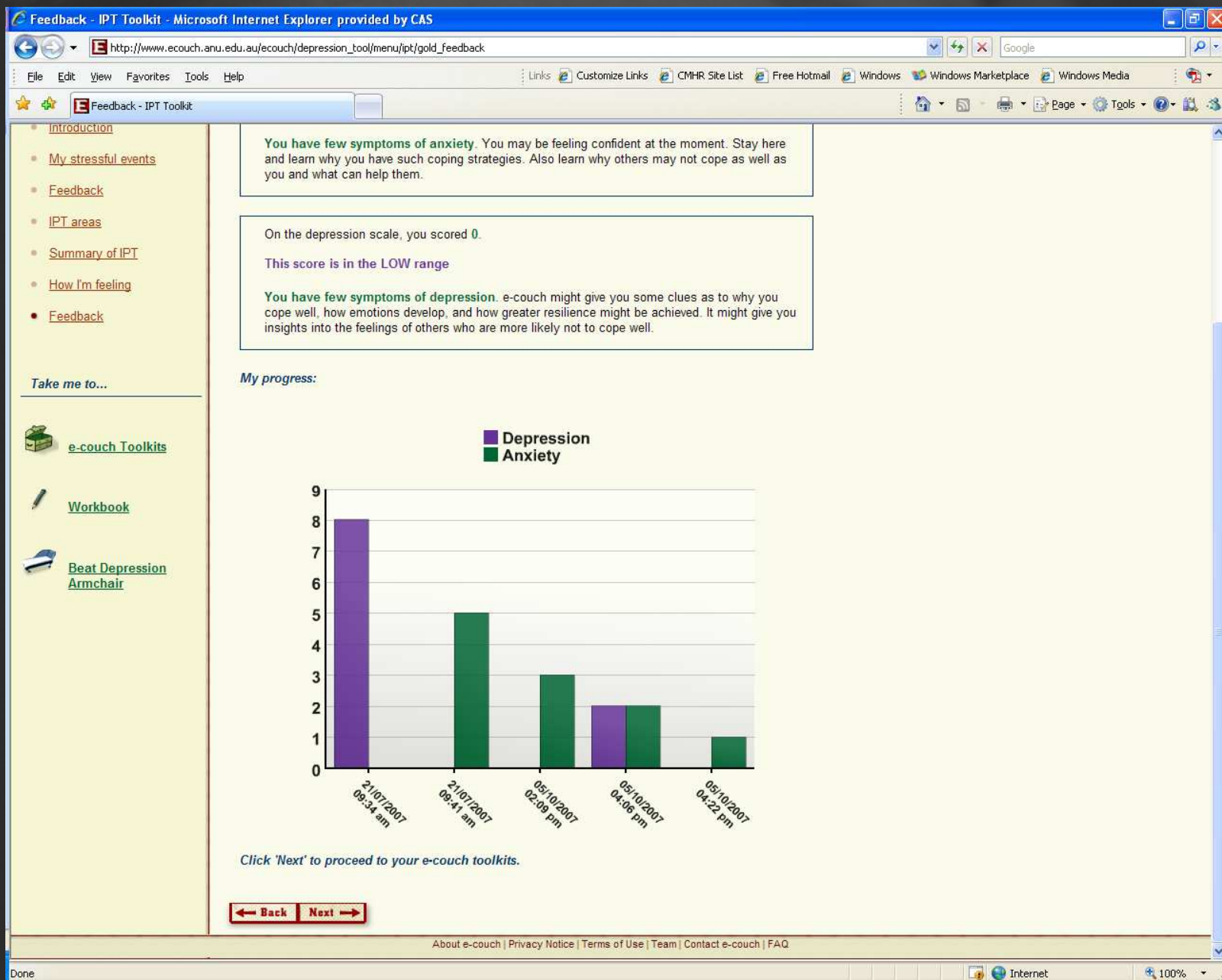
There are 60 items in total, but it's really worth the effort!

Need a reminder of the rating system? [Click here](#)

Let's begin with the first 10 items:

Activity	How Often?	How enjoyable?
Being in the country	not this month	not pleasant
Meeting someone new of the same sex	not this month	not pleasant
Planning trips or vacations	not this month	not pleasant
Reading the scriptures or other sacred works	not this month	not pleasant
Reading stories, novels, poems, or plays	not this month	not pleasant
Going to lectures or hearing speakers	not this month	not pleasant
Driving skillfully	not this month	not pleasant
Breathing clean air	not this month	not pleasant
Saying something clearly	not this month	not pleasant
Thinking about something good in the future	not this month	not pleasant

Submit responses



Toolkit menu - Beat Depression Tools - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu

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Toolkit menu - Beat Depression Tools

E-couch

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MY PROGRAM

Self-help

- e-couch Self-help
- e-couch Toolkits**

Go back to...

Beat Depression Armchair

Take me to...

Workbook

e-couch self help toolkits

Here are the e-couch self help toolkits. Each toolkit contains a range of tools to help you **manage and prevent depression**. These tools teach helpful ways of thinking that will help you to overcome depression now and in the future. These tools will also help you to practice ways of living your life and relating to people that leave you less vulnerable to depression.

You can work through these toolkits in any order, and come back at any time. The exercises in the toolkits will become available in your workbook as you go. You can access your workbook from the left-hand menu link.

Click on the toolkit you would like to review or try next.

CBT

IPT

Physical Activity

RELAXATION

[← Back](#)

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Internet 100%

Welcome - Physical Activity Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/exercise/intro

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Welcome - Physical Activity Toolkit

MY PROGRAM

Physical Activity Toolkit

- [Introduction](#)
- [What is physical activity?](#)
- [Choose my program](#)
- [How I'm feeling](#)
- [Feedback](#)

Take me to...

- [e-couch Toolkits](#)
- [Workbook](#)
- [Beat Depression Armchair](#)

Physical Activity

Welcome to the e-couch physical activity toolkit!

Physical activity improves depression. There is no doubt about it! But it can be hard to get out there and start getting active or increasing your activity levels. This toolkit program is designed to help you get active and feel better.

The information provided in this toolkit is adapted from a book written by Janine Walker and Affrica Jenkins from the Centre for Mental Health Research at the Australian National University.

Before we get started it's important to determine your current level of physical activity

The questions below ask about the time you spent being physically active in the last 7 days. Answer each question even if you don't consider yourself to be an active person, and think about physical activities that you did for at least 10 minutes at a time.

International Physical Activity Questionnaire (IPAQ)

Think about the vigorous activities that you did in the last week.
(Vigorous physical activities refer to activities that take hard physical effort and make you breathe much harder than normal)

During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, aerobics, or fast bicycling?

days per week

☐ No vigorous physical activities

How much time (in hours and minutes) did you usually spend doing **vigorous** physical activities on one of those days?

hours minutes per day

☐ Don't know/Not sure

Think about the moderate activities that you did in the last week.
(Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal)

During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

days per week

☐ No moderate physical activities

How much time (in hours and minutes) did you usually spend doing **moderate** physical activities on one of those days?

hours minutes per day

Done

Internet 100%

Where am I now? - Physical Activity Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/exercise/where_am_i_now

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Where am I now? - Physical Activity Toolkit

ECOUCH Physical Activity

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MY PROGRAM

Physical Activity Toolkit

- Introduction
- What is physical activity?
- Choose my program
- How I'm feeling
- Feedback

Take me to...

- e-couch Toolkits
- Workbook
- Beat Depression Armchair

Where am I now?

The exercise below will help you to work out where you are at the moment with respect to physical activity. Answer the question at each fork of the road!



Click on a program below to begin...

- Program 1: Not Ready Yet
- Program 2: Thinking About It
- Program 3: On Your Way

Where am I now? - Physical Activity Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/exercise/where_am_i_now

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Where am I now? - Physical Activity Toolkit

Ecouch Physical Activity

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MY PROGRAM

Physical Activity Toolkit


- Introduction
- What is physical activity?
- Choose my program
- How I'm feeling
- Feedback

Take me to...

- e-couch Toolkits
- Workbook
- Beat Depression Armchair

Where am I now?

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Click on a program below to begin...

- Program 1: Not Ready Yet
- Program 2: Thinking About It
- Program 3: On Your Way

Instructions - Progressive Muscle Relaxation - Relaxation Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/relaxation/progressive_exercise


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Instructions - Progressive Muscle Relaxation - Relaxat...

E COUCH Relaxation


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MY PROGRAM


 **Relaxation Toolkit**

- Is relaxation for me?
- Progressive muscle relaxation exercise**
- How I feel afterwards
- The next phase
- Getting better at relaxing
- How I'm feeling
- Feedback

Take me to...

 [e-couch Toolkits](#)

 [Workbook](#)

 [Beat Depression Armchair](#)

Progressive Muscle Relaxation Exercise

Now you're ready to begin the relaxation exercise

Before you start, select your connection speed in the progressive muscle relaxation exercise below. Then click on the arrow in the window and your lesson will begin.

Alternatively, if you prefer, you can [click here](#) to download the exercise onto your computer or mp3 player and listen to it whenever you like (14MB, mp3 format).


Progressive Muscle Relaxation Exercise

Choose a quiet place where you won't be interrupted or distracted. Sit in a comfortable chair which does not restrict the way you do the exercises.

Take a few deep breaths before you begin. Remember to keep breathing regularly throughout this exercise. The focus here is on tensing and relaxing your muscles.



The exercise will take you approximately 15 to 20 minutes to complete.

When you are ready to start the exercise, choose your connection speed and select the next button to commence the audio...

Choose your connection speed: ☐ Modem or Dial Up (4MB) ☐ ADSL and Broadband (10MB) 

Click to activate and use this control

[Click here](#) to download a printable version of the progressive muscle relaxation steps.

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Done

Internet 100%



ANU

THE AUSTRALIAN NATIONAL UNIVERSITY

Checking in with how you're feeling - Relaxation Toolkit - Microsoft Internet Explorer provided by CAS

http://www.ecouch.anu.edu.au/ecouch/depression_tool/menu/relaxation/gold


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Checking in with how you're feeling - Relaxation Toolkit

Ecouch Relaxation Toolkit


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MY PROGRAM


 **Relaxation Toolkit**

- Is relaxation for me?
- Progressive muscle relaxation exercise
- How I feel afterwards
- The next phase
- Getting better at relaxing
- How I'm feeling**
- Feedback

Take me to...

 [e-couch Toolkits](#)

 [Workbook](#)

 [Beat Depression Armchair](#)

How are you feeling now?

You have come to the end of the Relaxation Toolkit.

Before continuing, take a moment to check in with how you are feeling.

Think about how you have been feeling recently and answer the following questions:

	Yes	No
Have you ever felt keyed up or on edge?	<input type="radio"/>	<input type="radio"/>
Have you been worrying a lot?	<input type="radio"/>	<input type="radio"/>
Have you been irritable?	<input type="radio"/>	<input type="radio"/>
Have you had difficulty relaxing?	<input type="radio"/>	<input type="radio"/>
Have you been sleeping poorly?	<input type="radio"/>	<input type="radio"/>
Have you had headaches or neckaches?	<input type="radio"/>	<input type="radio"/>
Have you had any of the following: trembling, tingling, dizzy spells, sweating, diarrhoea, or needing to pass water more often than usual?	<input type="radio"/>	<input type="radio"/>
Have you been worrying about your health?	<input type="radio"/>	<input type="radio"/>
Have you had difficulty falling asleep?	<input type="radio"/>	<input type="radio"/>

Again, think about how you have been feeling lately:

	Yes	No
Have you been lacking in energy?	<input type="radio"/>	<input type="radio"/>
Have you lost interest in things?	<input type="radio"/>	<input type="radio"/>
Have you lost confidence in yourself?	<input type="radio"/>	<input type="radio"/>
Have you felt hopeless?	<input type="radio"/>	<input type="radio"/>

Done

Internet 100%

Users

Assessment

Tailored

GAD
stream

Panic
Stream

Social
Anxiety

Depression

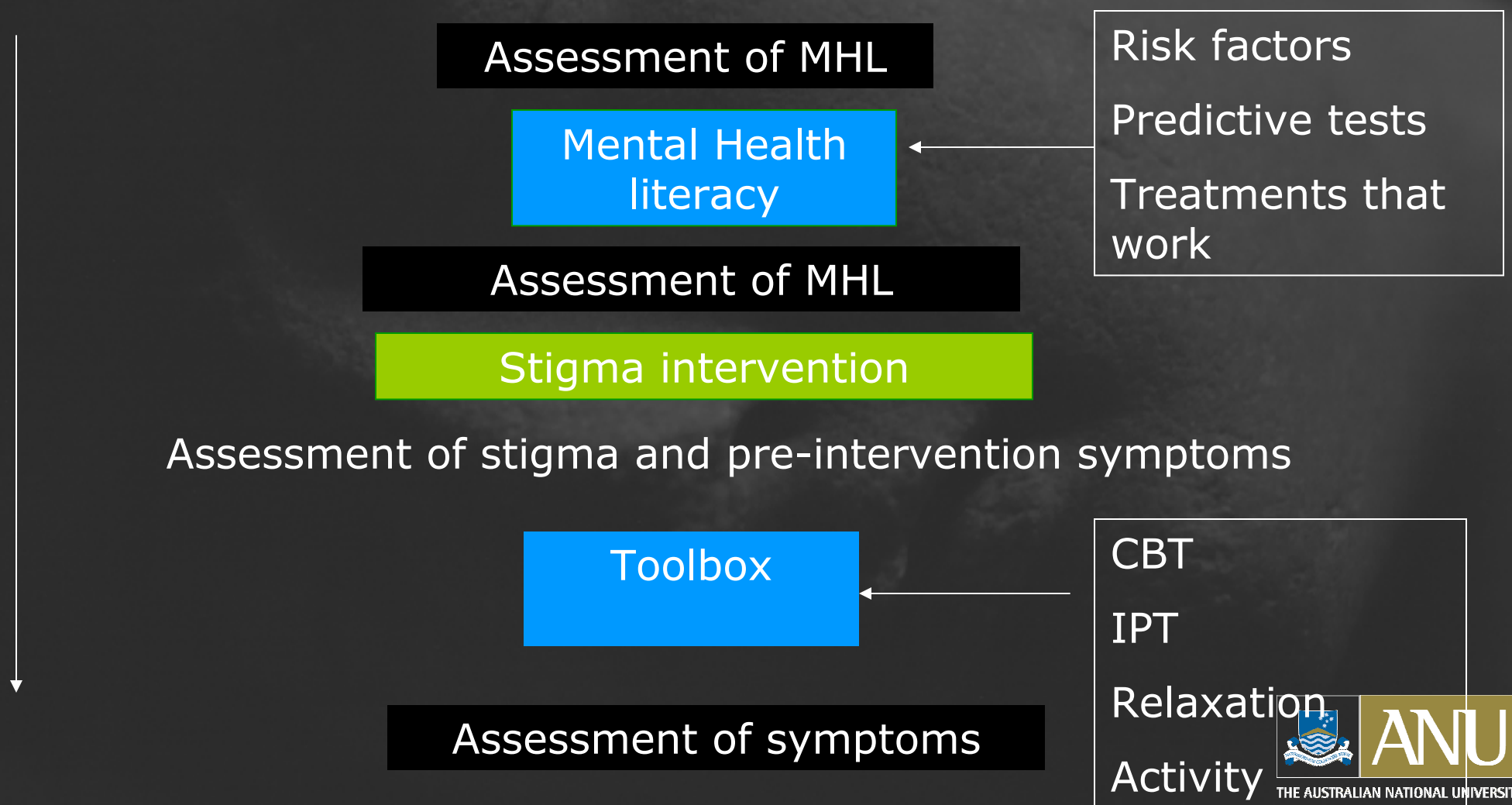
Targeted

Divorce and separation
Bereavement

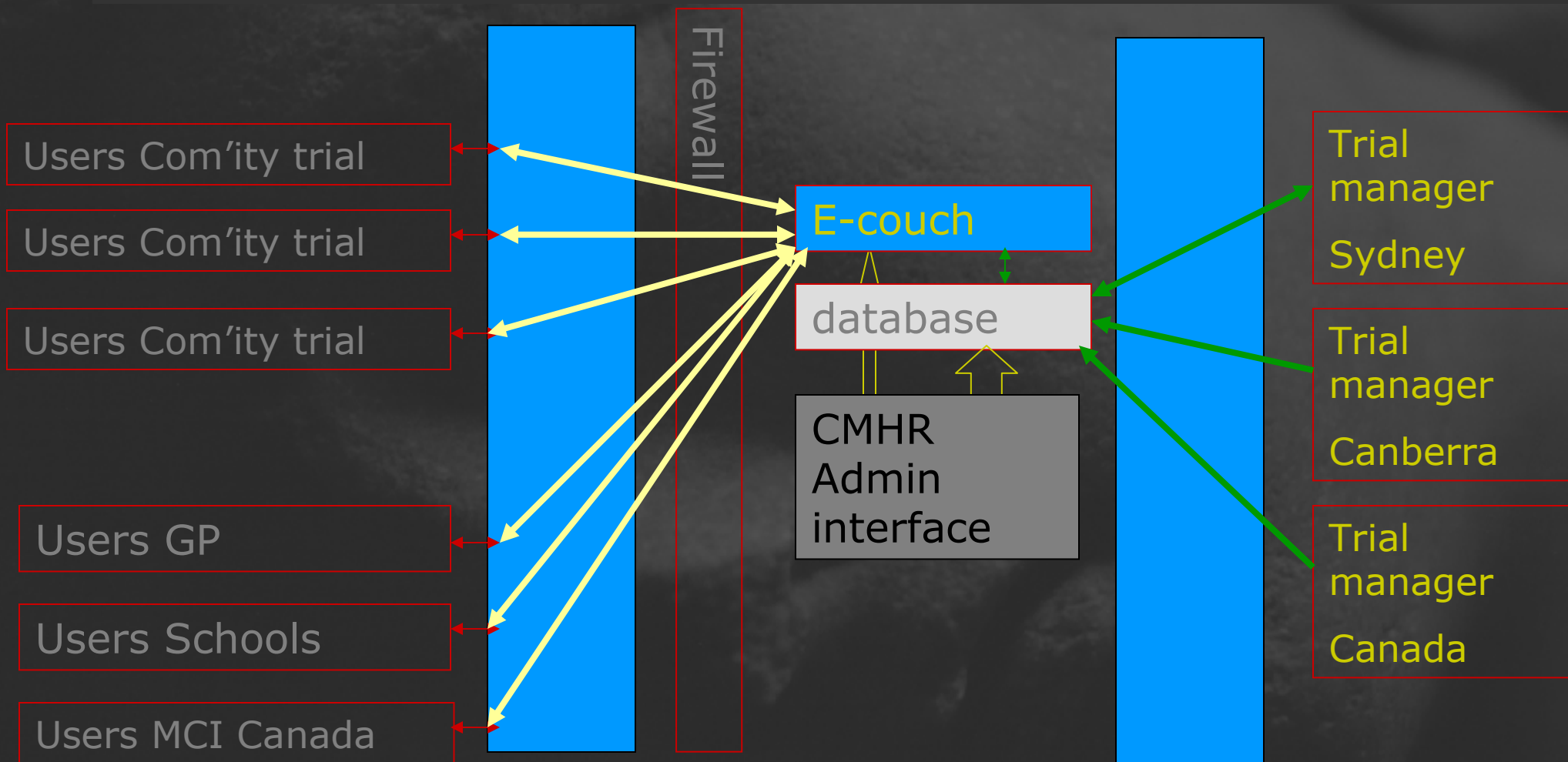
Tailoring: symptom information is used to determine the delivery of “specialized” information on web pages

Targetting: group membership is used to determine the delivery of “targetted” information on web pages

Depression Stream



Full functionality with trials running simultaneously and administrators provided with access to research data



Team who contributed to e-couch

The advisory group (HC, KG, AJM, KK, JK, JR, CSIRO, IH)

The project management group: KB, Kelly B

The content providers: GT, HC, KG, MB, JW, JK, KK, IH, KB, JR, KF

The consumer tool developers: LS and CBIS

The back end developers: AB, DT

The web/graphic designers: SL, MD, MC

Financial support

This team has been supported by beyondblue and by the NHMRC Program grant at CMHR

Evidence based guidelines for the treatment of anxiety and depression:

Population based data sets for norms for assessments and predictive tools

Assessment instruments either in the public domain or developed by us
(hence copyright)

Content including interactive toolboxes

Algorithms to deliver various streams

A backend that would support the goals of the site

A front end that would appeal to users