

SPEED study: Specialized Personalized Exercise intervention for Elders with Depression

This is a pilot study that will be run by Dr Anna Rolleston, exercise physiologist and Dr Bronwyn Copeland, old age psychiatrist. It will be looking at an exercise intervention in elderly with depression in addition to usual care. The intervention will be designed by Dr Rolleston taking into account the individual's comorbidities, personality and preferences. We will be having 2 groups, the intervention group which will receive usual care plus the exercise program for 12 weeks. The control group will just be having usual care and then at the end of the 12 weeks will have the option of getting the exercise intervention. The groups will be randomized. We will not be altering any medications or prohibiting any other interventions such as PHO counselling or changes or increases in medications.

Our inclusion criteria are: patient over the age of 55 if Maori or 65 if Pakeha who have depression. The exclusion criteria are: if they are not allowed to do any exercise at all or if they already participate in regular exercise more than 3 times per week.

We have specifically made it that it would not require much work from you, as we are aware that 15 minute consults go way too quickly. All we would require is for you to be aware of our study and when you have a depressed patient to give them some information on the study and ask them if they would like one of our team to contact them and then just forward their contact details to us.

At the moment we are still having to apply for ethics as well as funding for the study, so we don't need to start recruitment yet, but it would be great if we could get an idea about what practices may be interested and who I can approach. It would be a great opportunity for those practices that have a high cohort of elderly patients to be able to offer them another intervention and we would really welcome your support.

If you and your practice is keen and able to support this future study, please email Anna or Bronwyn at the following email addresses: anna@thecardiacclinic.co.nz or Bronwyn.Copeland@bopdhb.govt.nz