

IMPORTANT:



As part of the study we will call you for further surveys in 1, 6 and 12 months time.

You will receive 10 Euros per survey.



Thank you for your participation!



Impressum

This feedback was developed by a team of former patients, general practitioners and researchers at the University Medical Center Hamburg-Eppendorf.

The team is led by Prof. Dr. Med. Dipl. Psych. Bernd Löwe (physician and psychotherapist) and Prof. Dr. Med. Martin Scherer (physician).

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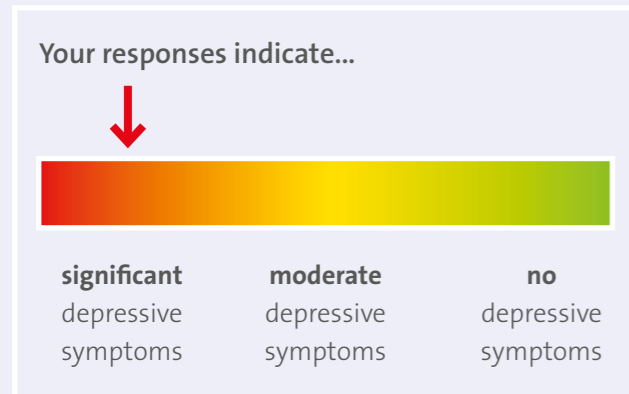


You answered questions about your psychological well-being and are now receiving feedback on your responses indicated on the health questionnaire.

Please open your personal feedback **before** visiting your general practitioner.

1 Feedback on your questionnaire responses

Your responses indicate that you may be experiencing symptoms of depression. Please note that the questionnaire does not substitute a thorough diagnostic workup.



2 Our recommendation to you

We therefore strongly recommend you speak to your general practitioner about your questionnaire results.

You can speak to him / her about your symptoms and possible next steps.

Depressive symptoms are well treatable.



3 Contacts

General Practice

A good primary contact is your general practitioner.

Specialist Practice and Psychotherapy Practice

You can also contact specialist physicians and psychotherapists, which your general practitioner can assist you in finding.

Psychosomatic Outpatient Clinic

With a referral from your general practitioner you can also consult the psychosomatic outpatient clinic:

Institute and Outpatient Clinic for
Psychosomatic Medicine and Psychotherapy
University Medical Center Hamburg-Eppendorf
Martinistraße 52, Building O25, Room 27,
20246 Hamburg

Phone: (040) 7410 - 54174 or (040) 7410 - 53993

Monday through Thursday

8 to 12 a.m. and 1 to 3 p.m.

Friday: 2 to 12 a.m. and 1 to 2 p.m.

psychosomatik@uke.de

4 Information on Depression

- Depression is very common. About 16 to 20 out of 100 people suffer from depression within their lifetime.
- This illness has many faces. Signs include depressed mood, diminished interest and loss of energy.
- Depression may be diagnosed by doctors and psychotherapists.
- Depression is usually well treatable. There are several options. The most important ones are psychotherapy and medication (antidepressants). You and your doctor can decide which treatment is most suitable for you.

This information is adapted from the patient information leaflet on depression by the German Agency for Quality in Medicine (Ärztliches Zentrum für Qualität in der Medizin).

You can find further information here:

www.patienten-information.de/depression

www.psychenet.de

www.deutsche-depressionshilfe.de