

# ***Improving community-based depression care in Vietnam through Supported Self-Management: randomized controlled trial and scale-up***

## **CARMHA Research Seminar**

**Dr. Jill Murphy and Ms. Leena Chau**

**Friday, May 17, 2019  
12:00 – 1:00 pm  
Room 2200, SFU Harbour Centre**

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Centre for Applied Research in Mental Health and Addiction (CARMHA)  
Faculty of Health Sciences  
Simon Fraser University

Using a stepped-wedge randomized controlled trial, the MAC-FI study tested the effectiveness of Supported Self-Management (SSM), a low-cost intervention that combines bibliotherapy with supportive coaching by a lay provider, to reduce depression among adults in community settings in eight Vietnamese provinces. In the follow-up IRIS-DSV study, the team is exploring factors that influence the implementation and scale-up of the SSM intervention in Vietnam using longitudinal prospective qualitative methods. Jill and Leena will provide an overview of the MAC-FI and IRIS-DSV global mental health projects.

Jill is a MITACS Elevate Postdoctoral Fellow working in the Mood Disorders Centre in the Department of Psychiatry at UBC.

Leena is Research Manager for the MAC-FI and IRIS-DSV projects.

For complete details on this talk please visit the:

CARMHA Events Webpage: <http://www.sfu.ca/carmha/events.html>

FHS Events Webpage: <https://www.sfu.ca/fhs/news-events/seminar-series/upcoming.html>

- ◆ *The presentation will be webcasted (link to be circulated by email once confirmed)*
- ◆ *The presentation is open to the SFU and broader research community.*
- ◆ *A light lunch will be available.*

