



St. Mary's Hospital
Department of Psychiatry



Grand Rounds

Thursday, June 18, 2015
9:00—10:00 am, Room 3228A



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Biostatistics and Occupational Health,
McGill University
and Principle Scientist,
St. Mary's Research Centre



A Randomized Controlled Trial of supported self-care for depression.

Objectives:

1. To review current state of knowledge on the effectiveness of self-care/self-management interventions for depression.
2. To present results of an RCT of a lay coaching intervention among primary care patients with a chronic physical illness and co-morbid depressive symptoms.

This is an Accredited Group Learning Activity (Section 1)
as defined by the
Maintenance of Certification Programme of
The Royal College of Physicians and Surgeons of Canada

