Effects of a Multilingual Information Website Intervention on the Levels of Depression Literacy and Depression-Related Stigma in Greek-Born and Italian-Born Immigrants Living in Australia: A Randomized Controlled Trial


Reference:

Key Words: internet-based interventions, depression, health literacy, Greek, Italian

Research aim:
Our objective was to investigate the effects of Multicultural Information on Depression Online (MIDonline), an Internet-based multilingual depression-specific information resource, on depression literacy, depression stigma, and depressive symptoms in Greek-born and Italian-born immigrants to Australia.

Results/Conclusion:
Current results suggested that the Internet may be a feasible and effective means for increasing depression knowledge and decreasing personal stigma in non-English-speaking immigrant populations residing in English-speaking countries. The lack of change in perceived stigma in this trial is consistent with results in other trials examining online depression stigma interventions in English-speaking groups.

Implications:

Cultural Group(s):
Greek, Italian

Location of study:
Victoria (Melbourne)

Age group:
48-88

Number included in study:
202

Type of participants:
Greek and Italian born immigrants, (110) given depression information intervention, 92 given a control

Research approach:
Quantitative

Type of data:
Primary

Secondary data sources used:
Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes: