

# 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

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## **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:**