

Themes	Control homes (depression awareness training)	Intervention homes (depression awareness and activity training)
Useful	<p>'Explanation of depression How OPERA will help residents and staff'</p> <p>'I found all of it useful and taught our group a lot also it has made us more aware of the signs to bring attention to their own GP and of great benefit to my job role which I have found I can use more confidently'</p> <p>'The examples given on how to approach someone suffering from depression and the different techniques that can be use to comfort individuals'</p> <p>'What to watch out for if you think someone might be depressed'</p> <p>'The whole session was useful'</p>	<p>'Signs and symptoms of depression and changes in activity and mood in residents The training was very useful (awareness excellent)'</p> <p>'Signs and Symptoms of Depression booklet was very useful as a reference guide and reinforced everything discussed during training session'</p> <p>'Watching out for changes in activity and mood'</p> <p>'Most information was quite useful although I had studied depression in the past'</p> <p>'Realising exercise is vital to mental well-being'</p> <p>'The signs of symptoms of depression the benefits of physical activity to depression'</p>
Not useful	<p>'I didn't find any of it less useful'</p> <p>'Poor-quality videotape'</p> <p>'The rather stereotypical pictures of older people'</p> <p>'Did not increase my knowledge'</p>	<p>'Need more information about how to treat and deal with depression'</p> <p>'None – whole booklet has been a useful source of information'</p>
Example of applying information	<p>'Since the training I have learned how to cope with resident who feel depressed by giving them more time and try to understand how they feel'</p> <p>'I feel that I am more likely to report my concerns if I thought that a service user was suffering from depression'</p> <p>'Discussed their condition with experienced staff members and refer to a community mental health team'</p> <p>'Recognised some signs of depression and used appropriate approach'</p>	<p>'If I feel a resident seems quiet and low I try to make them more active by taking them for a walk or playing a game'</p> <p>'The information doesn't really apply to my role in the work place but I have become more aware of the residents' moods'</p> <p>'I have sat in on an exercise session helping residence to participate and noticed they have found it fun, given them something to achieve and look forward to'</p> <p>'Discussed with GP regarding patients whom I fell may be depressed'</p> <p>'One of our residents seems to be responding very well to the exercises. I am encouraging her to attend and she is physically and mentally flourishing'</p>
More or less aware	<p>'More – better at spotting signs'</p> <p>'I have being able to identify a lot of depressive symptoms with the clients I took after at my work while before I would rather relate these symptoms to tiredness or dementia'</p> <p>'Neither at present as I know all my residents and would notice any changes in them'</p>	<p>'I have become more aware and watchful with residents'</p> <p>'I have become more aware and two residents in particular are withdrawn off their food sleeping a lot and not wanting to mix with others'</p> <p>'Yes I have become more aware I didn't realise how much depression affects a person's everyday life'</p> <p>'I did. I gained more knowledge and skills to understand depression'</p> <p>'Informing multidisciplinary team to as well as GP to review cases'</p>

GP, general practitioner.