

## CADE Clinic Research

Alongside clinical assessments the CADE Clinic also conducts ongoing research into depression, anxiety, and bipolar disorder with the aim of discovering new scientific methods to enhance clinical management for the benefit of our patients. Our research investigates affective and anxiety disorders using a variety of techniques including:

- Neuropsychological testing
- Neuroimaging
- Electrophysiological testing

Participation in these research studies is open to clients of the clinic as well as suitable volunteers from the general public.

Details of current projects and suitability criteria can be viewed at <http://www.CADEclinic.com>

Enquiries about participating can be emailed to [research@CADEclinic.com](mailto:research@CADEclinic.com)

## Charges

Attendance will be bulk-billed to Medicare for individuals entitled to Medicare or Department of Veterans Affairs benefits.



### Clinical Staff

**Prof Gin Malhi** *MB ChB FRANZCP FRCPSych MD*

**Psychiatrist**  
**Director, CADE Clinic**  
Head of Discipline of Psychiatry  
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**Psychiatrist**  
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Clinical Senior Lecturer, Discipline of Psychiatry  
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**Dr Carissa Coulston** *BSc(Hons) MPsychol(Clinical) PhD MAPS*

**Clinical Psychologist**  
Research Fellow, Discipline of Psychiatry  
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**Stressed and worried?**

**Feeling down?**

**Mood swings?**



**CADE Clinic**

Clinical Assessment Diagnostic Evaluation

**[www.CADEclinic.com](http://www.CADEclinic.com)**

NORTHERN SYDNEY  
CENTRAL COAST  
NSW HEALTH



## What is the CADE Clinic?

The CADE Clinic provides specialist clinical assessment and diagnostic evaluation of common mental health problems. The clinic, affiliated with the University of Sydney, is an outpatient service that is based at the Department of Academic Psychiatry at Royal North Shore Hospital. It offers a detailed clinical appraisal of:

- Depression or Mood Swings
- Bipolar Disorder
- Anxiety and Stress

as well as other common psychiatric or psychological problems. In addition to a clinical service, we conduct a wide range of research using neuroimaging and neuropsychological tests, and assess treatments for mood and anxiety disorders.

## Who should attend the CADE Clinic?

- The CADE Clinic may be of assistance where there is diagnostic uncertainty, where structured diagnostic or symptom assessment may be of value, where a second opinion is required, or where an expert opinion is sought especially in the areas of depression, bipolar disorder or anxiety disorders.
- Individuals who wish to attend the clinic should first discuss a referral with their GP. As the clinic is unable to provide treatment, your GP may suggest that you see a psychologist or psychiatrist in your local area first.

## What does the CADE Clinic do?

- Accepts referrals from GPs and psychiatrists.
- Provides access to psychiatrists with extensive research and clinical experience in treating mood and anxiety disorders.
- Provides an in-depth, multi-disciplinary assessment which may include:
  - diagnostic evaluation by a clinician using a structured instrument
  - clinical interview with an experienced psychiatrist
  - electrophysiological testing or neuroimaging
  - multi-disciplinary team meeting to review findings
- Provides a detailed, individualised report to the referring doctor, with practical and specific suggestions for management that take account of real-life clinical practice.
- Engages in research into mood, anxiety and other psychological disorders that may help to inform the understanding and treatment of these disorders.

• **The CADE Clinic works collaboratively with the referring practitioner to help clarify diagnoses and assist with evidence-based treatment recommendations. It does not routinely offer treatment other than in the context of research studies.**



## What can I expect if I am referred to the CADE Clinic?

- When you phone to make your appointment you will be asked to provide a letter from your GP or psychiatrist before an appointment time is made.

### ***Why do I need a letter from my doctor?***

Your doctor is able to provide valuable information to the experts who will help assess your problems at the CADE Clinic that will assist them to use the most appropriate tests and target their assessments in order for you to get the most from your visit.

- Once the clinic receives your doctor's letter you will be contacted to make an appointment time. Appointments are currently offered on Tuesday or Thursday mornings only. At this time we are unable to offer appointments on other days or times. You will need to allow about three hours for the appointment.
- You will be sent some questionnaires to complete and bring with you to your appointment. These questionnaires will help provide the clinic with information about your problems.
- On the day of your appointment you will be seen by a psychiatrist and other members of the clinical staff. Following this the clinic team will meet to decide how you may best be helped and will then discuss with you their recommendations. A letter will also be sent to your doctor with this information.