

APPENDIX 1. GLOSSARY

Access to Allied Psychological Services (ATAPS): A range of evidence-based mental health care and psychological services provided under the Access to Allied Psychological Services projects, which is a component of the Better Outcomes in Mental Health Care program.

Age-standardised: A method of adjusting the crude rate to eliminate the effect of differences in population age structures when comparing crude rates for different periods of time, different geographic areas and/or different population sub-groups (e.g. between one year and the next and/or States and Territories, Indigenous and non-Indigenous populations).⁶⁷

Antidepressant medications: Medications to prevent or treat depression, e.g. the SSRIs or selective serotonin reuptake inhibitors, MAOI's or monoamine oxidase inhibitors, tricyclic antidepressants, and others.

Anxiolytic medications: A class of drugs that relieve, reduce anxiety or prevent anxiety attacks, e.g. lorazepam, clonazepam, diazepam.

Better Access to Psychiatrists, Psychologists and GPs through the Medicare Benefits Schedule (Better Access) initiative: The purpose of the *Better Access* initiative is to improve treatment and management of mental illness within the community. The *Better Access* initiative aims to increase community access to mental health professionals and team-based mental health care, with general practitioners encouraged to work more closely and collaboratively with psychiatrists, clinical psychologists, psychologists, social workers and occupational therapists.⁶⁸

Better Outcomes in Mental Health Care (BOiMHC): A multi-component program designed to improve access to mental health care for Australians.

Bulk billing: A payment option under the Medicare system. Bulk billing is where the Doctor charges the Government for medical care, and the patient/consumer is not out-of-pocket.

Chi-square statistic: A test statistic that tests for the difference between observed and theoretical values.

Coefficient of variation: A measure of variability.

Confidence Interval (CI): A range of values calculated from the sample observations that is believed, with a particular probability, to contain the true parameter value, i.e. The 95% (p-value = .05) and 99% (p-value = .01) confidence intervals are the most commonly used.⁶⁹

Co-payment: A contribution made by the consumer towards medical treatment, i.e. a medical service, a doctor's visit, medication prescriptions.

Council of Australian Governments: A body consisting of the heads of the Australian federal, state, and territory governments that meets to discuss matters of national importance.⁷⁰

Crude rate: A crude rate is the number of new cases (or deaths) occurring in a specified population per year, usually expressed as the number of cases per 100,000 population at risk.

Days out of role: The number of days that respondent was unable to perform, or had to cut down on, their normal activities because of health problems.

Deflator: A statistical method used to convert current dollars (adjusted for inflation) in order to compare prices over time.

Division of General Practice: A geographically based network of general practitioners.

Focussed Psychological Strategies (FPS): Focussed Psychological Strategies are defined as specific mental health treatment strategies derived from evidence based psychological therapies; these include cognitive behavioural therapy, interpersonal therapy, psychotherapy and motivational interviewing. In the *Better Access* program, FPS services are provided by general (i.e. registered) psychologists, selected occupational therapists and social workers.

Full-time weighted equivalent: The full-time weighted equivalent is a measure of workload that takes into account the differing working pattern of individuals or professions.

Interdisciplinary care: A team of professionals from different health care disciplines dedicated to the ongoing and integrated care of individual(s) with a clinical condition.

Medicare: In Australia, Medicare is a publicly-funded universal health care system, operated by the Commonwealth government as Medicare Australia.

Medicare Benefits Schedule: The Medicare Benefits Schedule (MBS) is a Department of Health and Ageing publication that provides details of the Medicare services subsidised by the Australian Government as part of Medicare.⁷¹

Multivariate regression: A generic term for methods designed to determine the relative contributions of different causes to a single event or outcome by involving a response variable and a set of explanatory variables.⁶⁹

Negative binomial regression: Negative binomial regression is a standard method used to model over dispersed Poisson data.

Ordinary Least Squares (OLS): Ordinary least squares is a statistical approach to estimate unknown parameters in a linear regression model.

Pharmaceutical Benefits Scheme (PBS): The Pharmaceutical Benefits Scheme provides all Australian residents and eligible overseas visitors access to subsidised prescription medicine.⁷¹

Probability (P): The *P* value gives the probability of any observed difference having happen by chance.⁶⁴

Psychological Therapy Services (PTS): Psychological Therapy Services include psycho-education and cognitive behavioural therapy, with other evidence-based therapies, such as interpersonal therapy, used if clinically indicated. In the *Better Access* program, PTSs are provided by clinical psychologists.

Psychotropic medications: A drug that affects brain activities associated with mental processes and behavior.⁷²

R² statistic: This represents the amount of the variation in the data that is explained by the regression model.⁶⁹

Rate Ratio (RR): A rate ratio is calculated to compare the ratio of events occurring at any given point in time.⁷³

Standard error of the mean: A measure of how close the sample mean is likely to be to the population mean.⁶⁴

Statistical Significance: In statistics "statistical significant" means probably true, or unlikely to have occurred by chance.

Statistical Local Area: Statistical Local Areas (SLAs) consist of one or more Census Collection Districts at a census date. They can be based on legal Local Government Areas or parts thereof, or any unincorporated area. They cover, in aggregate, the whole of Australia without gaps or overlaps.

The Index of Relative Socioeconomic Disadvantage (IRSD): An area-based measure of relative socio-economic disadvantage.²¹

Univariate analyses: Data involving a single measure on each subject or patient.⁶⁹

APPENDIX 2. LIST OF ABBREVIATIONS

ABS	Australian Bureau of Statistics
DoHA	Department of Health and Ageing
ATAPS	Access to Allied Psychological Services
ATC	Anatomical Therapeutic Classification
BOiMHC	Better Outcomes in Mental Health Care
CI	Confidence Interval
CIDI	Composite International Diagnostic Interview
COAG	Council of Australian Governments
CP	Consultant Psychiatry items
DoHA	Department of Health and Ageing
ERP	Estimated resident population
FPS	Focussed Psychological Strategies – Allied mental health items
FWE	Full-time weighted equivalent
GPC	GP Mental Health Consultation items
GPPR	GP Mental Health Treatment Plan and Review items
GPs	General Practitioners
ICD-10	International Classification of Diseases
IRSD	The Index of Relative Socioeconomic Disadvantage
MBS	Medicare Benefits Schedule
MHCA	Mental Health Council of Australia
NSMHWB	National Survey of Mental Health and Wellbeing
<i>P</i>	Probability
PBS	Pharmaceutical Benefits Scheme
PTS	Psychological Therapy Services items
RPBS	Repatriation Pharmaceutical Benefits Scheme
RR	Risk Ratio
RRMA	Rural, Remote and Metropolitan Areas
K10	Kessler Psychological Distress Scale (K10)
OLS	Ordinary Least Squares
SPSS	Statistical package for the Social Sciences

SEIFA	Socio-Economic Indexes for Areas
SLA	Statistical Local Area
WMH-CIDI	World Mental Health Survey Initiative version of the Composite International Diagnostic Interview
YLD	Years Lived with Disability
