



To assess for presence and severity of perinatal mental illness, ask about:

- Recent stressors
- Symptom frequency
- Symptom duration
- How symptoms impact daily functioning
- Current treatment (meds/therapy)
- Feelings of hopelessness, helplessness
- Current suicidal ideation, plan, intent
- Family history
- Prior symptoms
- Previous suicide attempt(s)
- Past psychiatric treatment (meds/therapy)
- Previous psychiatric hospitalization(s)
- See pages 32-34 for more on perinatal mental health conditions

Determine Illness Severity

MILD	MODERATE	SEVERE
Depression screener score 10-14	Depression screener score 15-19	Depression screener score > 19
GAD-7 score 5-9	GAD-7 score 10-14	GAD-7 score ≥ 15
PC-PTSD-5 score < 3	PC-PTSD-5 score ≥ 3	PC-PTSD-5 score ≥ 3
No suicidal ideation	Suicidal ideation present	Suicidal ideation, intent, and/or plan
Not feeling hopeless, helpless, worthless	Sometimes feels hopeless, helpless, worthless	Previous suicide attempt(s)
No previous psychiatric hospitalization	Previous psychiatric hospitalization	Often feels hopeless, helpless, worthless
No or minimal difficulty caring for self or baby	Some difficulty caring for self or baby	History of multiple psychiatric hospitalization(s)
		Often feels unable to care for self or baby
		May experience hallucinations, delusions, or other psychotic symptoms (e.g., major depression with psychotic features or bipolar disorder with psychotic features)
		History of multiple medication trials

For mild, moderate, and severe illness:

- Start treatment; see page 20.
- Check for underlying medical condition - order TSH, B12, folate, HGB, HCT.
- Assess for substance use or medications, which can cause or worsen mood/anxiety.

* If all screens are negative, tell the patient they were negative and say, "If something changes, please let us know. We are here." **Continue to other side** →

EPDS – Edinburgh Postnatal Depression Scale; GAD-7 – Generalized Anxiety Disorder; RMS – Rapid Mood Screener; PHQ-9 – Patient Health Questionnaire
PTSD – Posttraumatic Stress Disorder; PC-PTSD-5 – Primary Care Posttraumatic Stress Disorder; PCL-C – PTSD Check List-Civilian