

Screening for Perinatal Mood Disorders

Elements of effective screening:

- Offer info about depression and anxiety to all patients
- Take personal and family history of mood disorders, mood reactions to hormonal changes, thyroid dysfunction, and anemia
- Meet at least once with partner, friend, or family member present
- Meet at least once without partner present

Screening indicators for perinatal mood disorders:

- Marked change in eating habits or weight
- Sleep disturbances
- Prolonged or unusual fatigue *or* energy
- Denial of *any* postpartum adjustment
- Extended or severely depressed mood
- Volatile mood swings
- Feeling disconnected from baby or other children
- Observable detachment or hyper-vigilance regarding baby
- Inability to rest or relax
- Frequent requests for appointments or reassurance
- Missing appointments
- Unusual thoughts, images, or dreams
- Frequent pain e.g., headaches, backaches, nursing pain
- Social isolation