



www.healthynewmoms.org • 1-800-PPD-MOMS (1-800-773-6667) Call 24 hours a day, 7 days a week

Provider Resources

Websites:

www.perinataldepression.org: This free online course is designed to help health care professionals identify and treat women with perinatal depression. The course consists of three learning modules and is accredited for a maximum of 6.0 category 1 credits toward the AMA Physicians Recognition Award and a maximum of 6.0 Category II Continuing Education Credits in home study for social workers. This accreditation is accepted by the American Nurses Credentialing Center for maintenance of certifications.

www.healthynewmoms.org: This campaign website has information for providers, women and the general public on perinatal depression. Topics include symptoms, treatment, how to get help and screening information. Free resources available on-line.

www.nimh.nih.gov: The website of the National Institute of Mental Health offers information and publications for health professionals and consumers about research, clinical trials, funding opportunities and trainings on women and mental health, including conditions such as postpartum depression.

www.mchlibrary.info/KnowledgePaths/kp_postpartum.html: A knowledge path about the prevalence and incidence of postpartum depression, including information on identification and treatment, the impact on the health and well-being of a new mother and her infant and implications for service delivery.

www.mghcme.com: The Massachusetts General Hospital Psychiatry Academy website offers online symposia on perinatal depression.

Helplines:

Postpartum Depression Phone Support: 1-800-773-6667 (1-800-PPD-MOMS). This helpline is available 24 hours a day, 7 days a week for anyone experiencing depression during and after pregnancy, as well as for anyone concerned about a new mother. The telephones are answered by trained crisis counselors who can provide information and referral for treatment.

Illinois Perinatal Depression Project: 1-800-573-6121. The helpline is staffed by clinicians who provide information on medication and screening.

Screening Options for Perinatal Depression:

Edinburgh Postnatal Depression Scale (EPDS)
Available at <http://health.utah.gov/rhp/pdf/EPDS.pdf>

- Contains 10 short statements of common depressive symptoms
- Uses a Likert-type scale for responses where by the mother chooses the best response to how she's been feeling in the past week
- Has a specificity of 99%, a sensitivity of 78%, and a positive predictive value of 93%
- Is a self-report questionnaire and can be administered anytime during the pregnancy or postpartum period
- Cannot be used in the prenatal period to screen for postpartum depression

Center for Epidemiological Studies-Depression (CES-D) Scale. Available for purchase at <https://www-secure.earthlink.net/www.wpspublish.com/Inetpub4/catalog/W-380.htm>

- Developed specifically to identify depression in the general population

- Contains 20 items to assess symptoms experienced during the prior week
- Items evaluated are in agreement with the criteria for depression given in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)
- Used in the prenatal period to screen for postpartum depression
- A score of 16 or above indicates depression

Beck's Postpartum Depression Predictors

Inventory (PDPI). Available for purchase at: <http://harcourtassessment.com>

- Self-report questionnaire requires a health professional to administer
- Explores during pregnancy predictor variables (prenatal depression, prenatal anxiety, history of depression, lack of social support, marital dissatisfaction, self-esteem, unplanned/unwanted pregnancy, socioeconomic status and life stress) and after-delivery predictor variables (child care stress, infant temperament, maternity blues)
- Includes guide questions for its use

Beck's Postpartum Depression Checklist

- Self-report questionnaire requires a health care professional to administer
- Contains 11 symptoms of PPD with suggested questions to elicit responses

Postpartum Depression Screening Scale (PDSS)

(Beck, C.T. & Gable, R.K. (2002) USA; Western Psychological Services). Available for purchase at <https://www-secure.earthlink.net/www.wpspublish.com/Inetpub4/catalog/W-380.htm>

- Can be administered 2 weeks postpartum
- Is a 35-item Likert response self-report scale
- Takes 5-10 minutes to administer and provides an overall severity score
- Asks women to rate how they have been feeling over the past two weeks
- Has a specificity of 98%; a sensitivity of 94%; and a positive predictive value of 90%
- Designed to assess the presence, severity and type of PPD symptoms
- Consists of seven symptom areas: sleeping/eating disturbances, anxiety/insecurity, emotional lability, mental confusion, loss of self, guilt/shame and suicidal thoughts. When time is limited, the first 7 items function as a short form, which can be completed in 2 minutes, with item 7 sensitive to suicidal thinking.

If the score on either the short or long form is WNL, recommendations are to administer either form every 3 months during the first year postpartum.

Other Resources:

Maryland Department of Health and Mental Hygiene, Center for Maternal and Child Health

410-767-6721, www.fha.state.md.us/mch

Family Mental Health Foundation

1-877-PPD-HOPE, www.ppdhope.org

American Academy of Family Physicians

1-800-274-2237, www.aafp.org

American Academy of Pediatrics

202-347-8600, www.aap.org

American College of Obstetricians and Gynecologists

(ACOG), 202-638-5577, www.acog.com

American Psychiatric Association

703-907-7300, www.psych.org

American Psychological Association

1-800-374-2721, www.apa.org

Association of Women's Health, Obstetric and Neonatal Nurses

1-800-673-8499, www.awhonn.org

MedChi, The Maryland State Medical Society

410-539-0872/1-800-492-1056, www.medchi.org

Mental Health Association of Maryland

410-235-1178/1-800-572-MHAM (6426), www.mhamd.org

National Association of Social Workers

202-336-8395/1-800-638-8799, www.socialworkers.org

Office on Women's Health

1-800-944-9662, www.4woman.gov

Postpartum Support International

1-800-944-4PPD (4773), www.postpartum.net

SaferMaternity

301-299-0311, www.safermaternity.org



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