

Screening for Perinatal Depression

About 50% of new mothers experience postpartum blues and about 20% develop post-partum depression. While post-partum blues occur within a week after childbirth and usually resolve untreated, post-partum depression occurs after several weeks and is usually due to complex psychosocial as well as physiological causes requiring treatment.

Sweet Success recommends screening every pregnant woman with diabetes for depression. The website of the **Wisconsin Association for Perinatal Care** provides a Position Statement on screening for prenatal and post-partum depression, including a step-by-step decision tree.

Here is how you find the Position Statement:

www.perinatalweb.org

- Click on **Wisconsin** option
 - Click on **Publications**
 - Click on **List of Perinatal Depression Resources (second item)**
 - Click on **Position Statement** on Screening for Prenatal and Post-partum Depression
 - On the top of the page it says “view the statement”, click there
 - Page 5 shows the **decision tree**

You might choose to use the **Edinburgh Postnatal Depression Scale** for screening, as explained on page 3 of the Position Statement. The Edinburgh Postnatal Depression Scale is available on the website of the Wisconsin Association for Perinatal Care under Publications (**screening tools**). A Spanish version is available there as well. **Sweet Success Behavioral Medicine Specialists** can help you using the Edinburgh Postnatal Depression Scale and making referral decisions.