

# PHQ-9 Screening for Women

During prenatal	After Delivery	1 week Well-Child Visit	1 month Well-Child Visit	2 month Well-Child Visit	4 month Well-Child Visit	6 month Well-Child Visit	8-12 month Well-Child Visit	15-24 month Well-Child Visit
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## PHQ-9 Screening



1 in 5 mothers will experience a perinatal depression (MIHA Data, 2011-2015).

All women, pregnant or postpartum, should be screened during the shown age range of their child, for perinatal mood and anxiety disorders.

**Children of depressed mothers are at increased risk for impaired mental and motor development, difficult temperament, poor self-regulation, low self-esteem, and behavior problems.**

- \* The **American Academy of Pediatrics (AAP)** Mental Health Task Force recommends incorporating screening for peripartum depression into the prenatal visit and into the well-child care schedule at one, two, four, and six months. (AAP Policy 2010, reaffirmed 2015)
- \* The Maternal Wellness Coalition suggests screening for perinatal depression during prenatal visits, every well-child visit and/or when child is due for vaccinations.

The number 1 complication of pregnancy and child-birth is perinatal mood and anxiety disorders.