



## Clinical Resources

### For Clinicians

Incorporating Recognition and Management of Perinatal Depression Into Pediatric Practice.

<https://publications.aap.org/pediatrics/article/143/1/e20183259/37241/Incorporating-Recognition-and-Management-of>

Lifeline for Moms Perinatal Mental Health Toolkit.

<https://repository.escholarship.umassmed.edu/handle/20.500.14038/44263>

Mental Health and Mental Illness: Collaborative Care for the Management of Depressive Disorders.

<https://www.thecommunityguide.org/findings/mental-health-and-mental-illness-collaborative-care-management-depressive-disorders.html>

Perinatal Depression: A Guide to Detection and Management in Primary Care.

<https://www.jabfm.org/content/36/6/1071>

Peripartum Depression: Detection and Treatment.

<https://www.aafp.org/pubs/afp/issues/2023/0900/peripartum-depression.html>

Position Statement on Screening Mood and Anxiety Disorders During Pregnancy and Postpartum: APA Official Actions. <https://www.psychiatry.org/getattachment/c5db4e7b-6405-4655-aecb-bc79d5efb4ea/Position-Screening-and-Treatment-Mood-Anxiety-Disorders-During-Pregnancy-Postpartum.pdf>

Postpartum Depression—New Screening Recommendations and Treatments.

<https://jamanetwork.com/journals/jama/article-abstract/2812438>

Screening and Diagnosis of Mental Health Conditions During Pregnancy and Postpartum: ACOG Clinical Practice Guideline No. 4.

[https://journals.lww.com/greenjournal/abstract/2023/06000/screening\\_and\\_diagnosis\\_of\\_mental\\_health.35.aspx](https://journals.lww.com/greenjournal/abstract/2023/06000/screening_and_diagnosis_of_mental_health.35.aspx)

Screening for Depression and Suicide Risk in Adults: US Preventive Services Task Force Recommendation Statement. <https://jamanetwork.com/journals/jama/fullarticle/2806144>

### *Screening Tools*

Edinburgh Postnatal Depression Scale (EPDS).

<https://www.mdcalc.com/calc/10466/edinburgh-postnatal-depression-scale-epds>

Generalized Anxiety Disorder-7 (GAD-7).

<https://www.mdcalc.com/calc/1727/gad7-general-anxiety-disorder7>



**ELEVATING PATIENT CARE: EARLY DETECTION  
AND EVIDENCE-BASED PHARMACOTHERAPY FOR  
POSTPARTUM DEPRESSION IN PRIMARY CARE**

Mood Disorder Questionnaire.

<https://www.mdapp.co/mood-disorder-questionnaire-mdq-calculator-208/>

Patient Health Questionnaire-9 (PHQ-9).

<https://www.mdcalc.com/calc/1725/phq9-patient-health-questionnaire9>

**For Patients**

Depression During and After Pregnancy.

<https://www.cdc.gov/reproductivehealth/features/maternal-depression/index.html>

Perinatal Depression.

<https://www.nimh.nih.gov/health/publications/perinatal-depression>

Postpartum Depression.

<https://www.acog.org/womens-health/faqs/postpartum-depression>

Talking Postpartum Depression.

<https://www.womenshealth.gov/TalkingPPD>

What is Postpartum Depression?

<https://www.unicef.org/parenting/mental-health/what-postpartum-depression>