

USPSTF Prevention Screener

According to the United States Preventive Services Task Force, women who are at risk for maternal depression should be identified and referred for Cognitive Behavioral Therapy or Interpersonal Behavioral Therapy, the only prevention options that were identified as evidence based.

Visit the U.S. Preventive Services Task Force's Perinatal Depression: Preventive Interventions webpage: <https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/perinatal-depression-preventive-interventions>

Maternal Depression Risk Assessment

Single relationship status	Yes	No
Adolescent	Yes	No
Low income	Yes	No
Prior history depressive symptoms/episode	Yes	No
Score of 5-10 on EPDS or PHQ-9 (subclinical depressive symptoms)	Yes	No

Refer patient to preventive CBT/IPT therapy if the answer is Yes to any question.



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