

Risk Factor Screener

Significant Life Events Checklist

During the past 12 months (check all that apply):

- ☐ I lost my job even though I wanted to go on working
- ☐ My husband or partner lost his job
- ☐ I had a lot of bills I couldn't pay
- ☐ I moved to a new address
- ☐ My husband or partner said he didn't want me to be pregnant
- ☐ I argued with my husband or partner more than usual
- ☐ I got separated or divorced from my husband or partner
- ☐ I have been physically or sexually abused in the past

Past Experience of Depression & Anxiety

At any time in the past, including during or after a previous pregnancy (check all that apply):

- ☐ A doctor, midwife, nurse, or counselor told me I had depression
- ☐ A doctor, midwife, nurse, or counselor told me I had anxiety
- ☐ I sought help for depression or anxiety from a doctor, midwife, nurse or counselor
- ☐ I had symptoms of depression or anxiety that lasted more than 2 weeks
- ☐ I have taken medications for depression or anxiety

Also Include:

Marital Status (single, married, living with partner, divorced, widowed) and Age

Scoring: if any patient selects two or more of the above, they are at risk for developing a Perinatal Mood and Anxiety Disorder, even if their EPDS score is low.