

Postpartum Depression (PPD) Screening

CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

C&TC Requirements

General

Universal postpartum depression (PPD) screening is recommended for any accompanying caregiver at the 0-1 month, 2-month, 4-month, and 6-month C&TC visit.

Screening may be offered more frequently or at other infant visits as needed up to 13 months of age, as outlined in the [Minnesota Health Care Programs \(MHCP\) Provider Manual – C&TC Section \(dhs.state.mn.us\)](#).

Personnel

Screening personnel qualifications are instrument-specific; refer to each instrument's instruction manual for more information. A licensed health care provider must interpret the results and ensure appropriate follow-up: a physician, nurse practitioner, physician assistant, or registered or public health nurse (RN, PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health (MDH).

Documentation

Record the name of the completed screening instrument and that you performed the screening as a "risk assessment" in the child's medical record. Including the screening score results or a copy of the screening instrument in the child's record is not required.

For documentation examples, refer to the [C&TC Provider Documentation Forms \(mn.gov/dhs\)](#).

Procedure

Use one of three approved screening tools:

- [Edinburgh Postnatal Depression Scale \(EPDS\) \(fresno.ucsf.edu\)](#)
- [Patient Health Questionnaire-9 \(PHQ-9\) \(phqscreeners.com\)](#)
- [Beck Depression Inventory \(BDI\) \(ismanet.org\)](#)
- Refer to [Perinatal Mental Health – Information for Health Professionals \(health.state.mn.us\)](#)

Referral

[Pregnancy and Postpartum Support Minnesota \(PPSM\) \(ppsupportmn.org\)](#) offers resources and training for healthcare professionals. Any health provider can call 1-877-499-4773 to set up a free consultation with a reproductive psychiatrist about mental health care for pregnant and postpartum patients and pre-conception planning. It can take up to a business day to set up an appointment.

Importance Screening

Twenty-five percent of low-income women report PPD symptoms. Up to 25% of fathers suffer from PPD. Early intervention of PPD is urgent as long-term effects on the child include adverse health, social, and educational outcomes (Earls, Yogman, Mattson, & Rafferty, 2019).

Professional Recommendations

American Academy of Pediatrics

The American Academy of Pediatrics (AAP) recommends postpartum depression screening at the 1-, 2-, 4-, and 6-month well-child visits. The EPDS and PHQ-9 are feasible and effective measures (Earls, Yogman, Mattson, & Rafferty, 2019).

United States Preventive Services Task Force (USPSTF)

The USPSTF recommends postpartum depression screening for pregnant and postpartum women (Siu, 2016).

Resources

Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards \(dhs.state.mn.us\)](https://dhs.state.mn.us)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section \(dhs.state.mn.us\)](https://dhs.state.mn.us)

Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\) \(www.health.state.mn.us\)](https://www.health.state.mn.us)
- [Depression or Anxiety During and After Pregnancy \(health.state.mn.us\)](https://health.state.mn.us)

Other Resources

Mother-Baby Hope Line at Hennepin County Medical Center

- Statewide phone services: 612-873-5692. In-person services are only available in Hennepin County

Perinatal Support

- [National Maternal Health Hotline \(mchb.hrsa.gov\)](https://mchb.hrsa.gov). Call or text 1-833-943-5746 (1-833-9-HELP4MOMS)

References

- American Psychological Association. (2020, June). *Patient Health Questionnaire*. Retrieved from www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/patient-health
- Earls, M., Yogman, M., Mattson, G., & Rafferty, J. (2019). Incorporating Recognition and Management of Perinatal Depression Into Pediatric Practice. *Pediatrics*, *143*(1). doi:10.1542/peds.2018-3259
- Siu, A. (2016). Screening for Depression in Adults: US Preventive Services Task Force Recommendation Statement. *JAMA*, *315*(4), 381-387. doi:10.1001/jama.2015.18392

For More Information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3650 or email health.childteencheckups@state.mn.us.

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