

Cut Score Summary Chart for Perinatal Mental Health Screening

Depression

EPDS Scoring: Sum the 4 columns and then sum the column totals into a grand total.

A score ≥ 10 and/or a non-zero response on the last question (self-harm question in red) is a positive screen.

EPDS Score	Severity of Illness	Proposed Treatment Actions
0–8	Depression Not Likely	Re-screen in next trimester or postpartum
9–11	Depression Possible	Continue support, provide psychoeducation Re-screen within 4 weeks Call PeriPAN with any questions: 888-901-2726
12–13	Fairly High Possibility of Depression	Monitor, support, and offer education Call PeriPAN
14+ Positive Screen	Probable Depression	Diagnostic assessment and treatment by PCP and/or specialist Call PeriPAN
Positive Score (1, 2, or 3) on Question 10 (Suicidality Risk)	Immediate Discussion Required	Refer to your crisis protocols and emergency/crisis resources for further assessment and intervention as appropriate, complete a safety plan (provided in this toolkit)

PHQ-9 Scoring: Sum the 4 columns and then sum the column totals into a grand total.

A score ≥ 10 and/or a non-zero response on the last question (self-harm question in red) is a positive screen.

PHQ-9 Score	Severity of Illness	Proposed Treatment Actions
0–4	None	Rescreen in next trimester or postpartum
5–9	Mild	Continue support, provide psychoeducation Re-screen within 4 weeks Call PeriPAN with any questions: 888-901-2726
10–14	Moderate	Psychoeducation, consider counseling, follow-up, and/or pharmacotherapy Call PeriPAN
15–19	Moderately Severe	Active treatment with pharmacotherapy and/or psychotherapy Call PeriPAN
20–27	Severe	Consider initiation of pharmacotherapy AND if severe impairment or poor response to therapy, expedite referral to a mental health specialist for psychotherapy and/or collaborative care management Call PeriPAN

Anxiety

GAD-7 Scoring: Sum the ratings for the 7 items, then sum the totals for a grand total.

A score ≥ 5 is a positive screen.

GAD-7 Score	Severity of Illness	Proposed Treatment Actions
0–4	None	Rescreen in next trimester or postpartum
5–9	Mild	Continue support, provide psychoeducation Re-screen within 4 weeks Call PeriPAN with any questions: 888-901-2726
10–14	Moderate	Treatment plan, consider counseling, follow-up, and/or pharmacotherapy. Call PeriPAN
15–19	Severe	Consider initiation of pharmacotherapy AND if severe impairment or poor response to therapy, expedite referral to a mental health specialist for psychotherapy and/or collaborative care management Call PeriPAN

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Bipolar Disorder

MDQ Scoring: Total the number of Y responses in Section 1. A **score ≥ 7** is a positive screen.

MDQ Score	Severity of Illness	Proposed Treatment Actions
0–6	None	None
7–14	Further Assessment Indicated	Consider PeriPAN Direct Consult Call PeriPAN at 888-901-2726

PTSD

PC-PTSD-5 Scoring: If the first item response is NO, the score is 0. If the first item response is YES, sum the number of YES answers for the last 5 questions. A **score ≥ 3** indicates a positive screen for PTSD. If the score is ≥ 3 , Texas PeriPAN recommends screening more thoroughly with the **PCL-5** which can be found at <https://www.ptsd.va.gov/professional/assessment/documents/PCL5>.

PC-PTSD-5	Severity of Illness	Proposed Treatment Actions
0–2	None	None
≥ 3	Moderate/Severe	Administer PCL-C

PCL-5 Scoring: A total symptom severity score can be obtained by summing the scores for each of the 20 items.

PCL-C	Severity of Illness	Proposed Treatment Actions
17–29	None	None
28–29	Some PTSD Symptoms	Consider counseling, follow-up, and/or pharmacotherapy Call PeriPAN at 888-901-2726
30–44	Moderate to Moderately High Severity of PTSD Symptoms	Active treatment with pharmacotherapy Call PeriPAN
45–85	High Severity of PTSD Symptoms	Consider initiation of pharmacotherapy AND if severe impairment or poor response to therapy, expedite referral to a mental health specialist for psychotherapy and/or collaborative care management Call PeriPAN