

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 Each recommendation builds from the previous. |
|--|---------------------|---|
| 0–8 | None Likely | Re-screen in next trimester or postpartum. Provide <i>Action Plan For Mood Changes During Pregnancy And After Giving Birth</i> . |
| 9–11 | Mild | Continue support, provide psychoeducation. Re-screen within 4 weeks. Call PeriPAN with any questions: 888-901-2726. |
| 12–13 | Moderate | Consider psychotherapy and/or pharmacotherapy. Provide <i>Self-Care Plan In Pregnancy And Postpartum</i> . Call PeriPAN for additional guidance and referral assistance. |
| 14+ Positive Screen | Moderately Severe | Provide active treatment with pharmacotherapy and/or refer for psychotherapy. Call PeriPAN and consider PeriPAN Direct Consult. |
| Any positive score on Question 10 (Suicidality Risk) | Severe | Follow above relevant guidance. Provide and review safety plan and crisis resources. Call PeriPAN for next steps and support. |

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 Each recommendation builds from the previous. |
|--|---------------------|---|
| 0–4 | None Likely | Re-screen in next trimester or postpartum. Provide <i>Action Plan For Mood Changes During Pregnancy And After Giving Birth</i> . |
| 5–9 | Mild | Continue support, provide psychoeducation. Re-screen within 4 weeks. Call PeriPAN with any questions: 888-901-2726. |
| 10–14 | Moderate | Consider psychotherapy and/or pharmacotherapy. Provide <i>Self-Care Plan In Pregnancy And Postpartum</i> . Call PeriPAN for additional guidance and referral assistance. |
| 15–19 | Moderately Severe | Provide active treatment with pharmacotherapy and/or refer for psychotherapy. Call PeriPAN and consider PeriPAN Direct Consult. |
| 20–27 Any positive on Question 9 (Suicidality Risk) | Severe | Follow above relevant guidance. Provide and review safety plan and crisis resources. Call PeriPAN for next steps and support. |

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 Each recommendation builds from the previous. |
|-------------|---------------------|---|
| 0–4 | None Likely | Re-screen in next trimester or postpartum. Provide <i>Action Plan For Mood Changes During Pregnancy And After Giving Birth</i> . |
| 5–9 | Mild | Continue support, provide psychoeducation. Re-screen within 4 weeks. Call PeriPAN with any questions: 888-901-2726. |
| 10–14 | Moderate | Consider psychotherapy and/or pharmacotherapy. Provide <i>Self-Care Plan In Pregnancy And Postpartum</i> . Call PeriPAN for additional guidance and referral assistance. |
| 15–19 | Severe | Provide active treatment with pharmacotherapy and/or refer for psychotherapy. Provide and review Safety Plan and crisis resources. Call PeriPAN for additional guidance, support, and referral assistance. Consider PeriPAN Direct Consult. |

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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 | Negative Screen | None |
| 7–14 | Further Assessment Indicated | Call PeriPAN at 888-901-2726. Consider PeriPAN Direct Consult. |

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/adult-sr/ptsd-checklist.asp>

| PC-PTSD-5 | Severity of Illness | Proposed Treatment Actions |
|-----------|---------------------|---|
| 0–2 | Negative Screen | None |
| ≥ 3 | Moderate/Severe | Administer PCL-C to further clarify symptom severity. Call PeriPAN and consider PeriPAN Direct Consult. |

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 | Negative Screen | 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. |