Depression in pregnancy and the postpartum period is a serious issue.

The evidence supporting instrument based screening over usual care is very uncertain. Implementing a universal screening program that has no proven benefit uses resources and takes away from other health concerns.

**What does this mean for clinicians?**

- **Do** ask patients about their well-being as part of usual care
- **Do** practice good clinical judgment to detect potential depression
- **Do** remain vigilant for depression
- **Do** use clinical judgment to decide on further steps

**Depression Rates:**

8% in pregnant and 9% postpartum people vs. 8% in nonpregnant people

**Usual Care**

- Ask about well-being
- Individual, conversation-based
- Clinical judgement determines next steps if depression is suspected

**Screening**

- Uses a medical test or tool with everyone to identify people who might have a disease or health problem
- Uses a standardized questionnaire with cut off score with every pregnant or postpartum patient
- Questionnaire score determines next steps
- Not for people with symptoms

**Takeaway**

- Depression is a serious issue – Ask patients about their well-being at visits
- Don’t use a screening tool with a cutoff score to detect depression with every patient
- Continue to use clinical judgement and remain vigilant to depression

**Why?**

- The evidence supporting instrument based screening over usual care is very uncertain.
- Implementing a universal screening program that has no proven benefit uses resources and takes away from other health concerns

**Depression resources:**

- The Canada Suicide Prevention Service
- Quebec: 1 866 277 3553
- Postpartum Support International
- Your Life Counts

**Reference:**