POSTPARTUM DEPRESSION AND ANXIETY

Your guide to assessment and management at the PPSC

MAKING A DIAGNOSIS:

- Early intervention will make your recovery easier.
- Your self-report and initial interview with your therapist will help us determine the severity, intensity and duration of your symptoms.
- If your symptoms, which are consistent with the DSM-IV criteria for major depression, have persisted beyond a two-week period, the diagnosis of postpartum depression will be considered.
- A score of 10 or above on the Edinburgh Postnatal Depression Scale (EPDS) indicates that depression is a possibility. A score of 12 or above suggests there is a high probability of postpartum depression.
- Your checkmarks on the Symptom List will give us a good idea of how your symptoms are clustered and which will respond best to different treatments.
- If you are experiencing significant anxiety or panic, this is consistent with the diagnosis of postpartum depression.

MAKING A PLAN:

- If you are experiencing symptoms that would respond well to medication, we will refer you to a medical doctor for a comprehensive evaluation. We will discuss this thoroughly with you and address all concerns you may have.
- We may ask that your partner and your baby accompany you in a future visit so we can include the family in our assessment and treatment plan.
- We will assess your self-help management regarding, for example, nutrition, sleep, exercise, social support, attachment to baby, relationship issues.
- Couples counseling is available when appropriate.
- Typically, women return for supportive counseling on a weekly basis until there is sufficient symptom relief. If symptoms are acute and functioning is impaired, coming in for session twice a week is appropriate.
- We may suggest you consider joining our weekly women’s support group for additional support during treatment.

We are here to answer any questions or address any concerns you and your family may have regarding your diagnosis and treatment plan. Do not hesitate to ask your therapist or call 610.525.7527.