

Addiction and Mental Health Perinatal Assessment Guide

This assessment guide identifies topics and questions to consider when conducting a mental health assessment for a perinatal mental health client, include as appropriate. The topics discussed will be guided by clinical judgement and interactions with the mother.

Topic	Potential Considerations/Questions
Obstetrical History	• Number of children, number of pregnancies? • Number of pregnancy losses (Can you tell me about your reproductive history?) • Birth experiences (e.g. did she feel it was traumatic? Complications during delivery/recovery?)
Antepartum presentation	• Number of weeks pregnant • Estimated date of delivery • Concerns or fears about the upcoming delivery? • How does she feel about the pregnancy? How does her partner feel? • Are there any complications?
Postpartum Scales	• Edinburgh Postnatal Depression Scale (EPDS) • EPDS-Partner (EPDS-P) • Perinatal Anxiety Screening Scale (PASS) • Generalized Anxiety Disorder 7-item (GAD-7) • MacLean screening instrument for Borderline Personality Disorders • Couple Satisfaction Index-4 • ADHD screening part A (ASRS) • Adverse Childhood Experiences (ACE) scores
Postpartum Presentation	• How do you feel you are adjusting to motherhood? • Explore history of postpartum mood disorder? Mood (At a week, month, year): • Since having your baby, how would you rate your mood on a scale of 1 to 10? 1 = low 10 = high. Where do you rate yourself today? • Memory, concentration, energy, motivation Anxiety (At a week, month, year): • Since having your baby, how would you rate feelings of anxiety on a scale of 1 to 10? 1= low 10= high. Where do you rate yourself today? • Have you experienced intrusive thoughts of harm to your infant? • What kinds of thoughts or worries come up around keeping your baby safe, and how do you usually respond when those thoughts occur? Sleep • Are you experiencing trouble falling asleep or staying asleep? Are your sleep difficulties unrelated to baby? What does sleep look like for your baby? Appetite • Have you noticed changes to your appetite since having your baby? Feeding • Are you experience feeding challenges?

Risk Factors	• Screen for psychotic symptoms (e.g. Does she have any thoughts about the baby that others don't share?) • Fears or thoughts of harming the baby (separate from intrusive thoughts). If 'yes', please describe, including how she feels about these thoughts. Does she feel she's able to avoid acting on these thoughts? • How likely are you to act on that? • Is this a relapse or exacerbation of an underlying psychiatric illness in the context of pregnancy or having given birth? • Attempted to harm the baby in the past? If 'yes' please describe. If 'no' has she come close to acting on these thoughts? • Are there any observations during the assessment that suggest the infant may have unmet needs or may require additional support?
Alcohol and Substance Use History	• Screen for problematic drinking using Alcohol Use Disorders Identification Test (AUDIT-10). <u>Note:</u> The AUDIT asks about alcohol use in the last year • Screen using The 5 P's, The TWEAK (alcohol), CAGE-AID (drugs) • Inquire about alcohol and substance use since she's learned she is pregnant • Explore what the mother's use of alcohol, cannabis, smoking and vaping, caffeine, and other substances looked like before pregnancy. • Are you currently on any medications to support reduced substance use or recovery?
Mother-Baby Relationship Considerations	Family of origin exploration • What was it like in your house? Did you feel loved and nurtured in your home? Was there any body in your life that made you feel special? • Do you feel like you're able to care for the baby? Do you have any concerns about how you're attaching to your baby? • What does the mother-baby interaction look like? • What behaviors do you observe that demonstrates how the parent engages with or attends to the baby? • Does the mother respond and attend to the baby's cues? • How does the mother respond when the baby signals a need?
Protective Factors	• Who helps you with the baby? • Are there observable strengths in parent-infant relationship?