

Utah Medicaid Provider Manual	CHEC Services
Division of Health Care Financing	Page Updated July 2006

Maternal Depression Screening

Maternal Depression is extremely common in Utah. In fact, Utah registers one of the highest rates of depression in the country, as cited in the *Utah Health Status Update*, April 2006. Over time, children raised in a home with a depressed parent run a greater risk of developing behavioral problems and depression. Because maternal depression can have a strong impact on parenting and child outcomes, primary care health providers can contribute to their pediatric patients' health and support by screening and assisting mothers with referrals for depression.

SECTION 2

<http://health.utah.gov/medicaid/pdfs/chec.pdf>

page 12 of 17

Screen the child's mother for possible depression. We recommend the following validated tools for screening mothers of infants 0-12 months:

- 2-question Patient Health Questionnaire (PHQ-2) <http://www.depression-primarycare.org/> or <http://www.pfizer.com/pfizer/download/do/phq-9.pdf>
- 9-question Patient Health Questionnaire (PHQ-9) (see above)
- Edinburgh <http://www.dbpeds.org/articles/detail.cfm?TextID=485>
- Beck Depression Inventory-II (BDI-II) [Psychological Corporation](http://www.psychologicalcorporation.com/)
- Family Psychosocial Screen (FPS) http://pedstest.com/content.php?content=download_resources.html

We suggest screening for maternal depression at:

- During the hospital stay (3-7 days after birth)
- 2 week Well-Child Visit (WCV)
- 2 month Well-Child Visit (WCV)
- Brief maternal depression screening conducted during a WCV is feasible and identifies mothers willing to discuss depression and stress issues with their child's pediatrician or health care provider.

Action steps for mothers screening positive for depressive symptoms:

- Referral to a mental health provider, using appropriate resources
- Non-judgemental discussion of impact of depression on their child
- Follow-up with phone call or a later visit

Screening accompanied by referral and intervention protocols play an important role in linking depressed mothers with appropriate interventions.

Medicaid encourages providers to refer depressed mothers with suspected mental health needs for mental health assessments.

Refer the child's mother to the mental health provider listed on the Medicaid Identification Card. If no provider is listed on the Medicaid Card, refer the child's mother to a Medicaid Mental Health Provider in the child's home area. Mental Health Services, at a minimum, include diagnosis and treatment for mental health conditions. Refer to the [Utah Medicaid Provider Manual for Mental Health Services](#), Section 3, for policy on services.