

Recommended Depression Screening Schedules for Pregnant and Postpartum Women

This table presents the screening schedules as recommended by national organizations, not the Colorado Department of Public Health and Environment (CDPHE). Presentation of them here is not to endorse one over the other, but to show what recommendations exist in one spot.

	Date	Timing	Screening Tool	Note
American Academy of Pediatrics (AAP) Clinical Report – Incorporating Recognition and Management of Perinatal and Postpartum Depression into Pediatric Practice	Oct 2010	Mother screened at 1-, 2-, 4-, and 6-month well-child visits	Edinburgh Postpartum Depression Scale (EPDS) or 2-question screen for depression	Based on the <i>Bright Futures</i> Guidelines. Current Procedural Terminology (CPT) code 99420 is recommended for this screening
American Academy of Family Physicians (AAFP) Postpartum Depression Toolkit & Postpartum Major Depression	Oct 2010	4- to 6-week postpartum visit or the 2-month well-child visit	EPDS or PHQ-9	
American Congress of Obstetricians and Gynecologists (ACOG) Committee Opinion No. 630	May 2015	All pregnant women screened <i>at least once</i> during the perinatal period	Validated screening tool*	Replaced Committee Opinion No. 453 from Feb 2010 that said there was not enough evidence to recommend screening
US Preventive Services Task Force (USPSTF) Screening for Depression in Adults	Jan 2016	Little evidence regarding the optimal timing for screening	EPDS and the Patient Health Questionnaire (PHQ) in various forms	Recommendation given a ‘B’ grade
Centers for Medicaid and Medicare Services (CMS) Maternal Depression Screening and Treatment: A Critical Role for Medicaid in the Care of Mothers and Children	May 2016	Maternal depression screening during the well-child visit in accordance to the Bright Futures Guidelines [adopted by AAP] is considered a pediatric best practice	Validated screening tool	
Postpartum Support International (PSI) Screening Recommendations	2016	1 st prenatal visit, at least once in 2 nd and 3 rd trimester, 6-week postpartum obstetrical visit (or at first postpartum visit); repeated screening at 6 and/or 12 months in OB and primary care settings; 3, 9, and 12-month pediatric visits	EPDS or PHQ-9	Recommended cut-off score for a positive screening using either tool is 10. The EPDS is a reliable and valid measure of mood in fathers
Colorado Guidance Pregnancy-Related Depression & Anxiety Symptoms Guidance	2013; <i>Updated</i> 2017	Preconception & interconception; each trimester throughout pregnancy; well-child visits up to 1 year postpartum; at postpartum visits	Edinburgh-3 Brief Screen as a good starting point	

* Table 1 of Committee Opinion No. 630 lists validated screening tools, number of questions per tool, time to complete, sensitivity and specificity per tool, and whether it is available in Spanish. In total, 7 screening tools are listed.