

Training Module #1

1. What are examples of limitations or potential challenges related to using the Edinburgh Postnatal Depression Screening Tool? (Check all that apply)
 - a. The translation in Spanish can be more challenging for some mothers
 - b. It is a diagnostic tool
 - c. Literacy level of the tool
 - d. No limitations
 - e. If the score is not concerning but mom has a flat affect, the results of the tool are not more important than your observations

2. What are some appropriate reasons that a mother may be reluctant to complete a maternal depression screening tool? (Check all that apply)
 - a. Cultural norms around mental health
 - b. Fear by mother if answers honestly may involve social services (and take her child away)
 - c. Stigma
 - d. No reasons are appropriate
 - e. Mom just wants to be difficult

3. What can be some protective factors to help prevent or decrease the risk for maternal depression? (Check all that apply)
 - a. Breastfeeding
 - b. Emotional support during the pregnancy and postpartum
 - c. Paternal engagement with care of infant
 - d. Marriage problems
 - e. There are no known protective factors

4. What are some appropriate strategies to use when counseling a mother about the results of a maternal depression screening tool when the score is not concerning? (Check all that apply)
 - a. Share with mom that screening is a way to show we are interested in her mental health and well-being
 - b. Provide anticipatory guidance about sleep, exercise, and eating well
 - c. Ask about the supports that mom has to help care for the infant and talk about options if needed
 - d. Ask about mom's beliefs and values about mental health to try to understand if she was comfortable sharing her honest responses
 - e. No discussion is needed

5. What are some examples of biases that may lead to inappropriate actions by providers when assessing and interpreting the results of a maternal depression screening tool? (Check all that apply)
- a. If mom speaks Spanish she may not understand and complete the tool as well as someone who speaks English
 - b. If the baby is growing and doing well and the score is a zero, things are probably fine and no further discussion is needed
 - c. If mom is educated, middle SES and has a job she will not have any literacy issues that could make completing the form more difficult
 - d. Providers have no biases that could impact interpretation of the results of the screening
 - e. When a young mother who comes in for a visit with the grandmother and her infant and has a concerning score, the provider should defer to the grandmother of the infant to decide on the plan

Answer key:

1. a, c, e
2. a, b, c
3. a, b, c
4. a, b, c, d
5. a, b, c, e