Developing Competencies in Assessment and Treatment of Behavioral Health Conditions in Ob/Gyn Practice

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Objectives

• Provide a hands-on opportunity to review and utilize evidence-based screening instruments designed to identify a variety of behavioral health conditions including mood and substance use disorders.

• Practice discussing positive screens to facilitate collaborative decision making including discussing the risk/benefits and alternatives to various treatment options that are accessed both within and outside the OB/GYN practice setting, including information release and sharing with mental health professionals when indicated.
Women need to be screened for perinatal mood and anxiety disorders
Women need to be screened for perinatal Mood and Anxiety Disorders

- At least once during the perinatal period
- At least once during pregnancy and again postpartum
Many validated screening tools are available

<table>
<thead>
<tr>
<th>Screening Tool</th>
<th>Number of Items</th>
<th>Time to Complete (Minutes)</th>
<th>Sensitivity and Specificity</th>
<th>Spanish Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edinburgh Postnatal Depression Scale</td>
<td>10</td>
<td>Less than 5</td>
<td>Sensitivity 59–100%</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Specificity 49–100%</td>
<td></td>
</tr>
<tr>
<td>Postpartum Depression Screening Scale</td>
<td>35</td>
<td>5–10</td>
<td>Sensitivity 91–94%</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Specificity 72–98%</td>
<td></td>
</tr>
<tr>
<td>Patient Health Questionnaire 9</td>
<td>9</td>
<td>Less than 5</td>
<td>Sensitivity 75%</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Specificity 90%</td>
<td></td>
</tr>
<tr>
<td>Beck Depression Inventory</td>
<td>21</td>
<td>5–10</td>
<td>Sensitivity 47.6–82%</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Specificity 85.9–89%</td>
<td></td>
</tr>
<tr>
<td>Beck Depression Inventory-II</td>
<td>21</td>
<td>5–10</td>
<td>Sensitivity 56–57%</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Specificity 97–100%</td>
<td></td>
</tr>
<tr>
<td>Center for Epidemiologic Studies Depression Scale</td>
<td>20</td>
<td>5–10</td>
<td>Sensitivity 60%</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Specificity 92%</td>
<td></td>
</tr>
<tr>
<td>Zung Self-rating Depression Scale</td>
<td>20</td>
<td>5–10</td>
<td>Sensitivity 45–89%</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Specificity 77–88%</td>
<td></td>
</tr>
</tbody>
</table>
Edinburgh Postnatal Depression Scale\(^1\) (EPDS)

Name:  
Address:  
Your Date of Birth:  
Phone:  
Baby’s Date of Birth:  

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

Here is an example, already completed.

I have felt happy:
- Yes, all the time
- Yes, most of the time This would mean: “I have felt happy most of the time” during the past week.
- No, not very often Please complete the other questions in the same way.
- No, not at all

In the past 7 days:

1. I have been able to laugh and see the funny side of things
   - As much as I always could
   - Not quite so much now
   - Definitely not as much now
   - Not at all

2. I have looked forward with enjoyment to things
   - As much as I ever did
   - Rather less than I used to
   - Definitely less than I used to
   - Hardly at all

3. I have blamed myself unnecessarily when things went wrong
   - Yes, most of the time
   - Yes, some of the time
   - Not very often
   - No, never

4. I have been anxious or worried for no good reason
   - No, not at all
   - Hardly ever
   - Yes, sometimes
   - Yes, very often

5. I have felt scared or panic for no very good reason
   - Yes, quite a lot
   - Yes, sometimes
   - No, not much
   - No, not at all

6. Things have been getting on top of me
   - Yes, most of the time I haven’t been able
to cope at all
   - Yes, sometimes I haven’t been coping as well
as usual
   - No, most of the time I have coped quite well
   - No, I have been coping as well as ever

7. I have been so unhappy that I have had difficulty sleeping
   - Yes, most of the time
   - Yes, sometimes
   - Not very often
   - No, not at all

8. I have felt sad or miserable
   - Yes, most of the time
   - Yes, quite often
   - Not very often
   - No, not at all

9. I have been so unhappy that I have been crying
   - Yes, most of the time
   - Yes, quite often
   - Only occasionally
   - No, never

10. The thought of harming myself has occurred to me
    - Yes, quite often
    - Sometimes
    - Hardly ever
    - Never

\[\text{http://www.fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf}\]
## The Patient Health Questionnaire (PHQ-9)

Patient Name: _______________________________ Date of Visit: _____________

**Over the past 2 weeks, how often have you been bothered by any of the following problems?**

<table>
<thead>
<tr>
<th></th>
<th>Not At All</th>
<th>Several Days</th>
<th>More Than Half the Days</th>
<th>Nearly Every Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Little interest or pleasure in doing things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Feeling down, depressed or hopeless</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Trouble falling asleep, staying asleep, or sleeping too much</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. Feeling tired or having little energy</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. Poor appetite or overeating</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. Feeling bad about yourself - or that you’re a failure or have let yourself or your family down</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. Trouble concentrating on things, such as reading the newspaper or watching television</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8. Moving or speaking so slowly that other people could have noticed. Or, the opposite - being so fidgety or restless that you have been moving around a lot more than usual</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>9. Thoughts that you would be better off dead or of hurting yourself in some way</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

**Column Totals:** 

- Add Totals Together: ____________________________

**Items:**
- Pre-screener available
- Depression only
- General Population
### GAD-7

**Over the last 2 weeks, how often have you been bothered by the following problems?**

<table>
<thead>
<tr>
<th>1. Feeling nervous, anxious or on edge</th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Not being able to stop or control worrying</td>
<td>0 1 2 3</td>
<td>--------------</td>
<td>-------------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>3. Worrying too much about different things</td>
<td>0 1 2 3</td>
<td>--------------</td>
<td>-------------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>4. Trouble relaxing</td>
<td>0 1 2 3</td>
<td>--------------</td>
<td>-------------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>5. Being so restless that it is hard to sit still</td>
<td>0 1 2 3</td>
<td>--------------</td>
<td>-------------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>6. Becoming easily annoyed or irritable</td>
<td>0 1 2 3</td>
<td>--------------</td>
<td>-------------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>7. Feeling afraid as if something awful might happen</td>
<td>0 1 2 3</td>
<td>--------------</td>
<td>-------------------------</td>
<td>------------------</td>
</tr>
</tbody>
</table>

**Total Score** = Add Columns

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*If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?*

- Not difficult at all
- Somewhat difficult
- Very difficult
- Extremely difficult

- Pre-screener available
- Anxiety only
- General Population
Screen twice during pregnancy and once postpartum

- Pregnancy: 33%
- Postpartum: 40%
- Before pregnancy: 27%
- Initial Ob visit: 26-28 weeks
- 6 wks postpartum

Wisner et al. JAMA Psychiatry 2013
Screening needs to be followed by assessment

**Baby Blues**

- ≤ 2 weeks after delivery
- Mood lability
- High emotionality

**Depression**

- ≥ 2 weeks after delivery
- Guilt, feeling worthless
- Suicidal thoughts
- Impacts functioning
Education about various treatment and support options is imperative
Ask women what type of treatment they prefer

There are effective options for treatment during pregnancy and breastfeeding.

Depression is very common during pregnancy and the postpartum period.

There is no risk free decision.

Women need to take medication during pregnancy for all sort of things.
No decision is risk free

There is no such thing as no exposure

SSRIs are among the best studied classes of medications used in pregnancy

Case of Ms. Y - Anxiety scenario

During Ms. Y’s first pregnancy with Jack, her 18-month-old toddler, Jane attended four sessions of cognitive behavioral therapy (CBT) for worries with regard to Jack's welfare. She was diagnosed with Generalized Anxiety Disorder. She found the therapy to be helpful and her anxiety symptoms improved.

After birth, her anxiety increased again. Treatment with an SSRI resulted in remission of her symptoms.

She now presents for initial OB appt at 9 weeks GA reporting that she discontinued the SSRI after conceiving.
Questions for Discussion

As part of a routine history, what questions should be included in terms of history of mental health and substance use disorders?
Questions for Discussion

What screening tool(s) could you use to screen for depression and anxiety symptoms?
How would you discuss a negative screen given the risk factors?
Questions for Discussion

How would you discuss a positive screen?

If she screened positive, how would you assess her assess further and assess for what treatment(s) may be indicated?
Questions for Discussion

What are the treatment options for Ms. Y?

What steps would you take in future OB visits?

In between visits?
Ms. S is 27 years old and having her first baby. Sarah was not screened for any behavioral health issues on entry to the practice. She keeps her prenatal appointments initially, but then misses several in a row.

When she returns to the practice after several phone calls she initially reports that, “everything is fine.” On further questioning, she reveals that she and the father of the baby have argued and are no longer sharing a home. She is administered a PHQ-9 with a result of 18, including thoughts of self-harm.
Questions for Discussion

How might a practice prepare for this scenario?
Questions for Discussion

What are some techniques for discussing your concerns with Sarah?
Questions for Discussion

How would you address Sarah’s immediate situation?

How could you continue to monitor Sarah during pregnancy and the post-partum?
Questions for Discussion

How would you follow-up to ensure engagement with the treatment plan?
Resources

Patient Safety Bundle: Maternal Mental Health

MCPAP for Moms toolkit (www.mcpapformoms.org)

Bringing PPD Out of the Shadows – opportunities for other states to have MCPAP for Moms-types of program

Lifeline4Moms Perinatal Depression app – available in app store

Lifeline4Moms (www.Lifeline4Moms.org)
**READINESS**

*Every Clinical Care Setting*

- Identify mental health screening tools to be made available in every clinical setting (outpatient OB clinics and inpatient facilities).
- Establish a response protocol and identify screening tools for use based on local resources.
- Educate clinicians and office staff on use of the identified screening tools and response protocol.
- Identify an individual who is responsible for driving adoption of the identified screening tools and response protocol.
RECOGNITION & PREVENTION

Every Woman

- Obtain individual and family mental health history (including past and current medications) at intake, with review and update as needed.
- Conduct validated mental health screening during appropriately timed patient encounters, to include both during pregnancy and in the postpartum period.
- Provide appropriately timed perinatal depression and anxiety awareness education to women and family members or other support persons.
RESPONSE

Every Case

- Initiate a stage-based response protocol for a positive mental health screen.
- Activate an emergency referral protocol for women with suicidal/homicidal ideation or psychosis.
- Provide appropriate and timely support for women, as well as family members and staff, as needed.
- Obtain follow-up from mental health providers on women referred for treatment. This should include the necessary release of information forms.
Every Clinical Care Setting

- Establish a non-judgmental culture of safety through multidisciplinary mental health rounds.
- Perform a multidisciplinary review of adverse mental health outcomes.
- Establish local standards for recognition and response in order to measure compliance, understand individual performance, and track outcomes.
Consensus Statement

Consensus Bundle on Maternal Mental Health
Perinatal Depression and Anxiety

Susan Kendig, JD, MSN, John P. Keats, MD, CPE, M. Camille Hoffman, MD, MSCS, Lisa B. Kay, MSW, MBA, Emily S. Miller, MD, MPH, Tiffany A. Moore Simas, MD, MPH, Ariela Frieder, MD, Barbara Hackley, PhD, CNM, Pec Indman, EdD, MFT, Christena Raines, MSN, RN, Kisha Semenuk, MSN, RN, Katherine L. Wisner, MD, MS, and Lauren A. Lemieux, BS

Maternal Mental Health: Perinatal Depression and Anxiety Complete Resource Listing