



## Discussion of results

We would like to discuss the results with you. Depending on your score, our psychologist will contact you. If there is no indication to start additional care, you will not be contacted.

If there is, you will be contacted by telephone and your results will be fed back to your gynaecologist so you can receive the best possible support.

This screening took place:

☐ before delivery

☐ after delivery

The questionnaires used in this leaflet are based on:

- Whooley, M.A., Avins, A.L., Miranda, J. & Browner, W.S. (1997) Case-finding instruments for depression. Two questions are as good as many. *J Gen Intern Med*, **12**(7), 439-45.
- Pop VJ, Komproe IH, van Son MJ. (1992) Characteristics of the Edinburgh Post Natal Depression Scale in The Netherlands.

## Screening for perinatal social and mental health problems

*You are pregnant or you just had a baby .... Congratulations!*

*Having a baby is a very special experience. A new mother goes through a lot of changes in a very short period of time: not only physically, hormonally, but also socially and emotionally.*

*One out of 8 women will feel rather vulnerable during this prenatal period and will experience psychological difficulties. Worldwide, screening is already taking place so that women and babies can be offered the right support as soon as possible.*

*If you would like to participate in this screening to receive psychosocial support if needed, read this leaflet and follow the instructions. We would love to help you.*

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