MC3 Perinatal

Treatment Options by Symptom Severity[1]

EPDS Score *or* **Clinical Assessment**	EPDS 0-8	EPDS 9-13	EPDS 14-18	EPDS ≥19
Treatment *Options* *Treatment options in each column may overlap*	**Limited To No Symptoms**	**Mild Symptoms**	**Moderate Symptoms**	**Severe Symptoms**
			Consider inpatient hospitalization when safety or ability to care for self or baby is a concern	Strongly consider inpatient hospitalization when safety or ability to care for self or baby is a concern
		May consider medication	Strongly consider medication	Strongly consider medication
	Therapy for mother Dyadic therapy for mother/baby	Therapy for mother Dyadic therapy for mother/baby	Therapy for mother Dyadic therapy for mother/baby	Therapy for mother Dyadic therapy for mother/baby
	Community/social support (including support groups)	Community/social support (including support groups)	Community/social support (including support groups)	Community/social support (including support groups)
	Consider as augmentation: Complementary/ Alternative therapies (bright light therapy, Omega-3 fatty acids, acupuncture, folate, massage)	Consider as augmentation: Complementary/ Alternative therapies (bright light therapy, Omega-3 fatty acids, acupuncture, folate, massage)	Consider as augmentation: Complementary/ Alternative therapies (bright light therapy, Omega-3 fatty acids, acupuncture, folate, massage)	Consider as augmentation: Complementary/ Alternative therapies (bright light therapy, Omega-3 fatty acids, acupuncture, folate, massage)
	Support with dysregulated baby; crying, sleep, feeding problems Physical activity	Support with dysregulated baby; crying, sleep, feeding problems Physical activity	Support with dysregulated baby; crying, sleep, feeding problems Physical activity	Support with dysregulated baby; crying, sleep, feeding problems Physical activity
	Self-care (sleep, hygiene, healthy diet) and lactation support, if needed	Self-care (sleep, hygiene, healthy diet)	Self-care (sleep, hygiene, healthy diet)	Self-care (sleep, hygiene, healthy diet)

[1]Information adapted from: Montgomery SA, Asberg M: A new depression scale designed to be sensitive to change. British Journal of Psychiatry 134:382-389, 1979

This resource has been adapted with permission from the MCPAP for Moms Provider Toolkit.

https://mc3.depressioncenter.org/wp-content/uploads/2022/03/treatment-options-by-symptom-severity.pdf