

# NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

## General practice indicator for the NICE menu

**Indicator area:** Post-natal mental health

**Indicator:** NM156

**Date:** August 2017

### Introduction

Women may be vulnerable to mental health problems during the antenatal and postnatal period (defined as up to 12 months after delivery). During pregnancy, 12% of women experience depression and 13% experience anxiety. During the post-natal period these conditions affect 15-20% of women. Recognition of these common conditions and referral for specialist advice where necessary has beneficial effects both for the woman herself and her child.

### Indicator:

NM156: The percentage of women who have given birth in the preceding 12 months who have had an enquiry about their mental health between 4-16 weeks postpartum.

### Source guidance and recommendations

Antenatal and postnatal mental health NICE Guideline CG192

*Recommendation 1.5.4: At a woman's first contact with primary care or her booking visit, and during the early postnatal period, consider asking the following depression identification questions as part of a general discussion about a woman's mental health and well being:*

- *During the past month, have you often been bothered by feeling down, depressed or hopeless?*

- *During the past month, have you often been bothered by having little interest or pleasure in doing things?*

*Also consider asking about anxiety using the 2-item Generalized Anxiety Disorder Scale (GAD-2):*

- *Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?*
- *Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?*

## **Rationale**

Women may be vulnerable to common mental health problems in the antenatal and postnatal periods. Early identification and management of these conditions are of benefit to women and their children. At present, many women do not recall being asked about their mental wellbeing during this time. The aim of this measure is to encourage practices and GPs to discuss mental health and wellbeing with women. They may wish to consider using validated identification tools such as the PHQ-2, Whooley 2 and the GAD-2 during these discussions, although this is not essential.

## **Reporting and verification**

See indicator wording for requirement criteria.

## **References**

- Antenatal and postnatal mental health: clinical management and service, NICE clinical guideline CG192 (2014)