

Recommended Screening Tools

for Perinatal Depression, Anxiety and Substance Use

SCREENING TOOL	DESCRIPTION	ACCESSIBILITY
EPDS Edinburgh Postnatal Depression Scale	 Self-administered 10 items Less than five minutes to complete Less than one minute to score Please note item 10 assesses self-harm 	 Free Available in many languages, including English, Spanish, and Portuguese 3rd-6th grade reading level
PHQ-9 Patient Health Questionnaire-9	 Self-administered Nine items Less than five minutes to complete Less than one minute to score Please note item 9 assesses self-harm 	 Free Available in many languages, including English, Spanish, and Portuguese 5th-7th grade reading level
GAD-7 Generalized Anxiety Disorder 7-item	 Self-administered Seven items Less than five minutes to complete Less than one minute to score 	 Free Available in many languages, including English, Spanish, and Portuguese
4Ps Parents, Partners, Past and Pregnancy	 Self-administered Four items Two minutes to complete Less than one minute to score Screens for drugs and alcohol 	• Free
AUDIT-C Alcohol Use Disorders Identification Test - Concise	 Self-administered or interview Three items Less than two minutes to complete About 15 seconds to score Screens for alcohol only 	FreeAvailable in English and Spanish
DAST-10 Drug Abuse Screening Test	 Self-administered or interview 10 items Five minutes to complete Less than one minute to score Screens for drugs only 	FreeAvailable in English and Spanish







For more information about this resource, please call 401-430-2800.