

## **Survey: Assessing Current Perinatal Mental Health Services**

### **WHAT IS THIS SURVEY ABOUT?**

The Canadian Perinatal Mental Health Collaborative (CPMHC) developed this questionnaire to ask health care practitioners across Canada to participate in an online survey to help us understand the state of mental health care in Canada during preconception, pregnancy and the postpartum period (from here on referred to as perinatal). These collected data were then published in this [report](#) to encourage our political leaders to develop a national perinatal mental health strategy that will meet the needs of all parents in every jurisdiction in Canada. We additionally have a peer-reviewed publication under review which should be published in 2022.

We encourage other health care agencies to use this survey so we can collectively gain a greater understanding of the state of perinatal mental health over time. We invite your agency or organization to use this survey and to please let us know what you learn and find. You can email us at [canpmhc@gmail.com](mailto:canpmhc@gmail.com) to share your findings.

The CPMHC is a national, non-profit advocacy organization calling on the federal government to enact a national perinatal mental health strategy ([www.cpmhc.ca](http://www.cpmhc.ca)).

### **WHO SHOULD TAKE THIS SURVEY?**

Any health care practitioners who deal directly with perinatal populations can complete this survey. Please consider taking this survey if you deal directly with persons who are in the preconception, pregnant, or postpartum stages.

### **HOW TO COMPLETE THE SURVEY:**

To complete this survey, please answer the questions and click submit. There are 33 questions in total. This survey should take approximately 10 minutes to complete.

### **DEFINITIONS:**

Perinatal Mood & Anxiety Disorders (PMADs) is an umbrella that encompasses perinatal mental illness during pregnancy and up to one year postpartum. PMADs include pre-natal/postpartum depression, anxiety, panic disorder, postpartum obsessive-compulsive disorder, postpartum posttraumatic stress disorder, postpartum bipolar mood disorders, and postpartum psychosis.

Perinatal Mental Health: a person's mental health during the perinatal period

## Assessing the Gaps in Canadian Perinatal Mental Health Services

### **SURVEY:**

1. What is your name and title? (*optional*)
2. What is your ethnocultural/racial heritage? (*optional*)
3. Do you identify as a minority or non-Caucasian? (*optional*)
4. What email address can you be reached at? (*optional*)
5. Where do you work? (Name of facility/company) (*optional*)
6. What language do you provide services in? (*check all that apply*)
  - English
  - French
  - Other: (*please specify*) \_\_\_\_\_
7. What is your gender?
  - Female
  - Male
  - Neither of these describe me. I identify as: \_\_\_\_\_
8. What is your age?
  - 21-30
  - 31-40
  - 41-50
  - 51-60
  - 61-70
  - Other: \_\_\_\_\_

9. What is the postal code of the address you work? (*first 3 digits*)

10. What type of health care provider are you? (*check all that apply*)

- Physician
  - Obstetrician/Gynaecologist
  - Paediatrician
  - Family Doctor
  - Psychiatrist
  - Other: \_\_\_\_\_
- Nurse Practitioner
- Nurse
  - RN
  - RPN
- Midwife
- Naturopathic Doctor
- Registered Dietician
- Psychotherapist
- Psychologist
- Social Worker
- Chiropractor
- Physiotherapist
- Other: \_\_\_\_\_

11. Do you work with patients/clients? (*check all that apply*)

- Locally
- Provincially
- Nationally
- Online

12. How many patients/clients do you see per year on average? \_\_\_\_\_

13. Of those patients/clients, how many **pertain specifically to PMADs**? \_\_\_\_\_

14. Have you had perinatal-specific training?

- Yes
- No
- Unsure

○ If yes, what training did you receive? (*scroll down*)

1. PSI 2-Day training
2. Training in residency
3. Other: (please specify) \_\_\_\_\_

15. Please list any perinatal mental health policies, guidelines, or best practices that you follow.

16. Do you screen pregnant/postpartum patients/clients for PMADs?

- Yes
- No
- I only screen patients/clients that have demonstrated symptoms of PMADs
- Other: (*please specify*) \_\_\_\_\_

○ If yes, please indicate when screening occurs

\*\* drop down menu, *select those that apply* \*\*

1. Yes, preconception
2. No, we do not screen during preconception
3. Yes, during first trimester of pregnancy
4. Yes, during second trimester of pregnancy
5. Yes, during third trimester of pregnancy
6. No, we do not screen during pregnancy
7. Yes, 1-3 days postpartum
8. Yes, 1 week postpartum
9. Yes, 2 weeks postpartum
10. Yes, 1 month postpartum
11. Yes, six weeks postpartum
12. Yes, 2 months postpartum
13. Yes, 3 months postpartum
14. Yes, 4 months postpartum
15. Yes, 5 months postpartum
16. Yes, 6 months postpartum
17. Yes, 7-12 months postpartum
18. No, we do not screen for PMADs in the postpartum period
19. Other: *(please specify)* \_\_\_\_\_

○ Is screening people for PMADs a policy that is mandated by your workplace? (ie. Your agency, governing body, hospital, clinic)

1. Yes

2. No, I choose to screen without a mandatory policy

17. Do you screen patients/clients about their perinatal mental health using validated screening questionnaires such as:

- EPDS – Edinburgh Postpartum Depression Scale
- PHQ – Patient Health Questionnaire
- GAD – General Anxiety Disorder
- PDPI – Postpartum Depression Predictors Inventory
- PDSS – Postpartum Depression Screening Scale
- MDQ – Mood Disorder Questionnaire

○ No, screening is not done using validated screening questionnaires

○ Yes, I use a validated screen

1. If yes, please indicate which screening tool is used: (*check all that apply*)

- a. Informal screening (inquire without screening tool about person's mental health)
- b. Yes, screen with EPDS
- c. Yes, screen with PHQ-2 (shortened version)
- d. Yes, screen with PHQ-9
- e. Yes, screen with GAD 2 (shortened version)
- f. Yes, screen with GAD 7
- g. Yes, screen with PDPI
- h. Yes, screen with PDSS

- i. Yes, screen with MDQ
- j. Other: *(please specify)* \_\_\_\_\_

18. If a person screens positive for a perinatal mental health concerns, what is your treatment protocol?

\*\* Drop down menu (*check all that apply*) \*\*

- Treat with pharmaceuticals
- Treat with Cognitive Behavioural Therapy (CBT)
- Treat with Interpersonal Therapy (IPT)
- Treat with Supportive Counselling
- Treat with Solution Focused Therapy
- Treat with Eye Movement Desensitization Reprocessing (EMDR)
- Test & treat any physical contributors to perinatal mental health (anemia, thyroid, nutritional deficiencies, etc.)
- Refer for pharmaceutical therapy
- Refer for mental health therapy (CBT/IPT/EMDR)
- Refer for further testing
- Other: *(please specify)* \_\_\_\_\_

1. If you refer for treatment/testing, do you

- Refer to publicly-funded mental health care provider or
- Refer to private mental health care provider

19. In your community, how accessible is treatment for PMADs?

- There are NO issues accessing treatment for PMADs in my community
- There ARE issues accessing treatment for PMADs in my community

○ Please indicate what the issues are: (*check all that apply*)

1. There are no mental health providers with specialized perinatal training
2. There are wait times that are too long
3. There are no culturally relevant options
4. There are no local resources
5. Only people who can pay privately can access mental health care
6. Local agencies only offer crisis care (3 or less sessions)
7. There are no providers that speak the same language as the patient
8. There are no treatments for non-maternal caregivers (dads, partners, etc.)
9. Other: (*please specify*) \_\_\_\_\_

20. If you are treating the patient with therapy or a referral for outside mental health therapy is made, how many sessions are typically offered:

- Choose (drop down box, 1-15 sessions)

21. What are the typical wait times for therapy in your area?

- Choose (drop down box 0-2 weeks, 2-4 weeks, 2-4 months, 4-6 months, 6-8 months, 8-10 months, 10-12 months)

22. Do you have access to any of the following perinatal mental health professionals in your community?

- (Drop down menu) *Select all that apply*
- \* A resource like [www.postpartum.net](http://www.postpartum.net) may help you locate local resources \*

○ Perinatal mental health (PMH) specialized obstetrician



- PMH-specialized midwife
- PMH-specialized psychiatrist
- PMH-specialized family doctor
- PMH-specialized psychologist
- PMH-specialized mental health professional (social work, psychotherapist)
- Unknown
- Other: *(please specify)* \_\_\_\_\_

23. Is there IN-HOME mental health care for pregnant or postpartum parents in your region?

(This would be professional such as nurses, midwives, or social workers that come to the home to offer care)

- Yes
- No
- Uncertain
- Other: *(please specify)* \_\_\_\_\_

24. Is there ON-LINE mental health care for pregnant and postpartum parents in your region?

(e.g., on-line CBT modules).

- Yes
- No
- Uncertain
- Other: *(please specify)* \_\_\_\_\_

○ If yes, can you provide some detail as to what type of home care is offered and by which professional \_\_\_\_\_

25. Do you think that perinatal services are sensitive to the unique needs of persons belonging to diverse social locations (i.e. ethnocultural/racial heritage, physical abilities, intellectual abilities, new Canadians, sexual orientation, and gender identities)?

- Yes
- No
- Uncertain
- Other: *(please specify)* \_\_\_\_\_

26. Do you believe persons from diverse backgrounds encounter any barriers to accessing perinatal services?

27. Have your perinatal patients/clients identified increased difficulty accessing services during the global pandemic? Please list barriers that have affected your practice.

28. Throughout COVID-19, were you able to resume business as usual? If no, did you move to virtual, phone other distance-based services or discontinue services?

29. In your own words, please describe what you feel is working and what's lacking in perinatal mental health care in your community and/or place of practice:

30. Do you believe that we need a national perinatal mental health strategy in Canada? An example of a recently announced national health strategy for autism can be seen [here](#).

- Yes
- No
- Other: *(please specify)* \_\_\_\_\_

31. In your opinion, do/are perinatal mental health services in Canada:

- Fully meet existing needs
- Mostly meet existing needs

- Partially meet existing needs
- Partially fail to meet existing needs
- Mostly fail to meet existing needs
- Wholly inadequate

32. Is there anything else you'd like to share about your experiences supporting people through perinatal mental health challenges?

**CITATION:**

Hicks, L.M., Ou, C., Charlebois, J., Tarasoff, L.A., Roos, L., Pawluski, J., Fairbrother, N., Hooykaas, A., Tomfohr-Madsen, L. (Submitted). Assessment of Canadian Perinatal Mental Health Services from the Perspective of Providers: Where Can we Improve? Submitted to *Journal of Obstetrics and Gynaecology of Canada*.

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