

Pediatric Clinician's Guide: Steps to Parental Depression Screening

Assess

Conduct brief parental depression screening at well child visits
Score to determine if risk for major depression



Address

Discuss screening results and the possibility of depression
Explain the impact of parental mood on children.



Agree

Doctor and parent jointly agree on what to do next.



Assist & Arrange

Assist with child developmental/ behavioral issues when needed
Provide parent with educational materials.
Provide referrals to community resources and other providers



Address Again

Follow up at next pediatric visit or sooner if needed