

## Pregnancy and Postpartum Assessment Questions:

### Potential intake questions:

1. How many times have you been pregnant?
  - a. Fathers: How many pregnancies have you participated in?
2. How many children do you have?
3. Have you experienced any pregnancy loss?
  - a. If experienced a loss, use the same language as parents use in all follow-up questions and communication regarding the loss.
4. Have you had any struggles with infertility?
  - a. Explore length of infertility treatment, losses, procedures, etc.
5. Are all your children currently living with you?
6. Can you share additional information about your pregnancy(ies)?
  - a. Explore if pregnancy(ies) were planned or unexpected, feelings about becoming pregnant, partner's response, etc.
  - b. How did you feel when you found out you were expecting? Did you consider abortion or adoption?
7. In this/these pregnancy/pregnancies, did you experience complications, including prenatal, birth, or postpartum?
  - a. Fetal anomalies, gestational diabetes, birth trauma, medical concerns, NICU, etc.
  - b. Was your pregnancy high-risk?
  - c. Did you experience any significant stressors such as homelessness, domestic violence, or severe stress?
  - d. Did you experience any worries, anxiety, sadness, or eating or sleep concerns in pregnancy?
  - e. Would you like to share your birth story with me?
8. 1 in 7 women experience postpartum depression, anxiety, or mood disorder. During or after pregnancy(ies) did you have difficulties with postpartum depression, anxiety, PTSD, or mood concerns?
  - a. Assess for feeling sad most days, crying a lot, eating concerns, sleep concerns, withdrawal, feelings of guilt, fear of being a bad mother, excessive worry about the baby, scary thoughts, panic attacks, suicide ideation, not feeling like herself, etc.
9. Prior to pregnancy, please tell me about your lifetime use of tobacco, alcohol, or other drugs?
  - a. During pregnancy, please tell me about any tobacco, alcohol, or other drug use.
  - b. When did you find out you were pregnant (normalize that many do not know they are pregnant until 4 weeks+).
10. Tell me about your support system during pregnancy, delivery, and postpartum.
11. What have I missed about your pregnancy and birth that you think is important that I understand?

Potential postpartum questions: After safe, trusting therapeutic relationship established

1. Prior to being pregnant, what were your expectations of being a parent?
  - a. Explore hopes, desires, expectations, societal expectations, scripts of parenthood
  - b. Explore for guilt/shame: Do you think you are meeting these expectations? How do you feel about your parenting?
  - c. Explore for loss of identity: Do you feel that you made a mistake or wonder what life would be like if you did not have children? What do you do for yourself?
  - d. Explore for anxiety: Do you feel like you always have to have it together?
2. Would you like to share your birth story with me?
3. Tell me about taking the baby home and the first couple of weeks being at home together.
  - a. Did you experience “baby blues”? 1-2 weeks postpartum
4. Explore for ‘classic’ symptoms of PMADS. These symptoms impact functioning
  - a. Perinatal depression
  - b. Perinatal anxiety disorder
  - c. Perinatal panic disorder
  - d. Perinatal OCD
  - e. Postpartum psychosis – safety plan or follow emergency mental health protocol
  - f. Perinatal Bipolar disorder
  - g. Perinatal PTSD
5. Tell me how the pandemic has impacted your pregnancy, delivery, and/or life with baby.
  - a. Explore for isolation: Who helps you with the baby and daily tasks of being a parent?
  - b. Explore for anxiety: How much time do you spend thinking about the health of your family or over potential or actual exposures?
  - c. Explore for stress/overwhelm: What other responsibilities are you managing in the pandemic while caring for the baby?
  - d. Explore for anxiety: Where are you getting your information from right now?
6. Tell me about you and your baby's sleep. How many times is your baby waking at night?
  - a. Explore for panic: Do you notice any reactions in your body when the baby wakes or stirs?
  - b. Explore for sleep deprivation: What is a typical length of uninterrupted sleep for you?
  - c. Explore for anxiety: Do you feel you are able to rest or sleep when the baby is sleeping?
  - d. Explore for anxiety: How do you feel about your baby’s sleep and nap schedule?
  - e. Explore for anxiety: Are you using any tracking applications to track sleep, eating, elimination?
7. Do you find that you are easily triggered, irritable, overwhelmed, or angry?
  - a. Explore for rage: Tell me how your body feels when you are triggered, overwhelmed, or angry.
    - i. Explore for guilt and shame: Tell me what you think about after this response.
  - b. Explore for sensory overload: Do you feel that you are yelling or responding abruptly when you are not angry? Are there times where you feel really overwhelmed?
    - i. Explore for guilt and shame: Tell me what you think about after this happens.