Proposed Screening Algorithm

1. Screen antenatally

2. Positive screen

3. Treatment indicated?

   - Positive screen
     - Treatment indicated?
       - Referral vs ER (*)

   - Negative screen
     - Patient preference assessment: collaborative decision making

     1. Prior treatment?
       - If yes, preferential consideration of effective treatment in past
       - If no, go to

     2. Medication
       - Breastfeeding?
         - If yes, SSRIs of choice: paroxetine or sertraline
         - If no, go to

     3. Psychotherapy
         - Refer

     4. Additional Screens:
        1. Suicidal*
        2. Bipolar (MDQ)
        3. Psychosis*
        4. Complicated psychiatric history

   - If positive, referral vs ER (*)

**Monitoring:** Reassess in 1-2 weeks and again at 4 weeks using same screen. If no improvement at each, add medication (psychotherapy) or increase dose (medications)

**Psychotherapy available?**

**Non-traditional** (light therapy, exercise, acupuncture, nutrition)