

Supplementary Material

Whānau Āwhina Plunket nurses' views on the use of the PHQ-3 postnatal depression screening tool: a survey

Jenny Faulkner^A and Chris Moir^{B,}*

^AWhānau Āwhina Plunket, PO Box 2248, Nelson 7041, New Zealand

^BCentre for Postgraduate Nursing Studies, University of Otago, 72 Oxford Terrace, Christchurch 8140, New Zealand

*Correspondence to: Email: chris.moir@otago.ac.nz

Post Natal Depression: what are the barriers and facilitators

Please complete the survey below.

Thank you!

Welcome to the survey!

The purpose of this survey is to help understand what the barriers and facilitators are to Plunket nurses undertaking screening for Post Natal Depression (PND).

This will help Plunket to better support nurses in their PND screening practice.

This survey will take up to 15 minutes to complete.

You will be asked to provide the answer which best reflects your practice.

Answers will be anonymised.

For the first four questions please indicate how much you agree or disagree with each statement

Information about the survey

[Attachment: "Participant Information Sheet.docx"]

1. My initial Plunket training provided me with the necessary skills to screen for mental health issues using the three screening questions in the ePHR (known as the PHQ-3)?

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree or disagree
- ☐ Disagree
- ☐ Strongly disagree

2. I access or receive professional development in PND regularly through Plunket or other means?

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree or disagree
- ☐ Disagree
- ☐ Strongly disagree

2a. If other means please describe:

3. I access or receive professional development in SCREENING for mental health issues regularly through Plunket or other means?

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree or disagree
- ☐ Disagree
- ☐ Strongly disagree

3a. If other means please describe:

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4. The PHQ-3 screening tool supports me to identify mothers who might have PND

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree or disagree
- ☐ Disagree
- ☐ Strongly disagree

4a. Please explain your answer:

5. How would you rate your confidence in using the PHQ-3 screening tool?

- ☐ Very confident
- ☐ Confident
- ☐ Not very confident
- ☐ Not at all confident

6. In the ePHR there is a yes/no field for completed maternal postnatal depression screen.

Please indicate when you tick yes in this field (indicate all that apply)

- ☐ When I have asked all three questions in the PHQ-3
- ☐ When I have asked any of the questions in the PHQ-3
- ☐ When I have asked anything about the mothers mental health
- ☐ Other, please explain below

6a. Please explain your answer

7. The PHQ-3 screen is a good screening tool to use with mothers from the following ethnicities: (Indicate all that apply)

*Middle Eastern/Latin American/African

- ☐ NZ European
- ☐ European other
- ☐ Māori
- ☐ Pacific
- ☐ Asian
- ☐ MELAA*
- ☐ Other ethnicity

7a. Please explain your answer

8. The PHQ-3 screen is a good screening tool to use with mothers with low health literacy?

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree or disagree
- ☐ Disagree
- ☐ Strongly Disagree

8a. Please explain your answer

9. The PHQ-3 screen is a good screening tool for mothers for whom English is a second language

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree or disagree
- ☐ Disagree
- ☐ Strongly Disagree

9a. Please Explain your answer

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10. When a mother says yes to any one of the PHQ-3 questions what do you do next to assess her level of need (indicate all that apply).

- ☐ Nothing
- ☐ Formally assess her suicide risk
- ☐ Refer her to her GP
- ☐ Use another screening tool such as the Edinburgh postnatal depression scale
- ☐ Ask further informal questions about what supports the mother has
- ☐ Ask further informal questions about what maternal mental health care the mother is already receiving
- ☐ Other please describe below:

10a. Other please describe

11. The following have been shown to cause barriers to screening, please tick the ones that apply to you:

- ☐ Time restraints
- ☐ Lack of confidence in using the PHQ-3
- ☐ Lack of knowledge of PND
- ☐ Prefer to ask about symptoms indirectly
- ☐ Limited referral pathways for support
- ☐ The client attends appointment with another person

11a. Other barriers not listed here that you are aware of please state here:

12. Are there reasons that make you less likely to screen with the PHQ-3 screen?

Please outline your reasons here:

13. Tick the circumstance/s that facilitate you to screen

- ☐ Home visit setting
- ☐ When only the mother and baby are present
- ☐ When rapport is established with the mother
- ☐ When the mother regularly attends appointments
- ☐ When PND symptoms or risk factors are evident
- ☐ When you take time to listen and offer support
- ☐ When you regularly communicate and plan care with the services you refer to
- ☐ Other circumstances (please describe in the box below)

13a. Other circumstances (please describe in the box)

14. How long have you worked at Plunket?

- ☐ < one year
- ☐ 1-2 years
- ☐ 3-5 years
- ☐ 6-10 years
- ☐ 11 + years

15. Which ethnic group do you belong to? (Indicate all the groups which apply to you)

- ☐ New Zealand European
- ☐ Māori
- ☐ Samoan
- ☐ Cook Island Māori
- ☐ Niuean
- ☐ Chinese
- ☐ Indian
- ☐ Other (please specify below)

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15a. Other (please specify)

16. What is your highest completed qualification?

- ☐ Post Graduate Certificate in Primary Health Care Nursing (WCTO Nursing)
- ☐ Plunket Certificate
- ☐ PG diploma
- ☐ Masters
- ☐ Other (please specify below)

16a. Other qualification please state

The End

Thank you for completing the survey, your view point is valued.

The results of the survey will be collated and analysed and the findings will be sent out to all Plunket people and will help inform education and support in the coming year.

If you would like more information about PND please view the following links.

[well-child-tamariki-ora-national-schedule](#)

[common-mental-disorders-and-management-depression-primary-care](#)