



Perinatal Mental Health Assessment Tools

- ◆ PHQ-9
 - Patient Health Questionnaire
 - [Link to PHQ-9 tool](#)

- ◆ DASS
 - Depression, Anxiety and Stress Scale
 - [Link to DASS tool](#)

- ◆ PASS
 - Perinatal Anxiety Screening Scale
 - [Link to PASS tool](#)

- ◆ PDSS
 - Postpartum Depression Screening Scale
 - [Link to PDSS tool](#)

- ◆ MDQ
 - Mood Disorder Questionnaire
 - [Link to MDQ tool](#)

- ◆ PBA
 - Parental Burnout Assessment
 - [Link to PBA tool](#)

- ◆ MAQ
 - Maternal Attitudes Questionnaire
 - [Link to MAQ tool](#) (journal access required)

- ◆ MABS
 - Maternal Attitudes and Beliefs Scale
 - This tool is not freely available

- ◆ PRBQ
 - The Pregnancy Related Beliefs Questionnaire
 - [Link to PRBQ tool](#) (journal access required)

- ◆ PBQ
 - Attachment – Postpartum Bonding Questionnaire
 - [Link to PBQ tool](#)