Box 1

Screening tools for depression and anxiety

Two Question Depression Screen

- During the past month, have you often been bothered by feeling down, depressed or hopeless?
- During the past month, have you often been bothered by having little interest or pleasure in doing things?

Generalized Anxiety Disorder Scale (GAD-2)

- During the past month, have you been feeling nervous, anxious or on edge?
- During the past month, have you not been able to stop or control worrying?

Score

Not at all = 0, several days = 1, more than half the days = 2, nearly every day = 3

www.nhs.uk/Conditions/Postnataldepression/Pages/Diagnosis.aspx