



MAMI Maternal Mental Health Assessment Guide

Management of small & nutritionally at-risk infants under six months & their mothers

ASSESS

ASK:

Over the last two weeks, how often have you been bothered by the following problems?

1. Little interest or pleasure in doing things?
2. Feeling down, depressed or hopeless?
3. Trouble falling or staying asleep? or Sleeping too much?
4. Feeling tired or having little energy?
5. Poor appetite? or Over-eating?
6. Feeling bad about yourself? Or that you are a failure? Or have let yourself or your family down?
7. Trouble concentrating on things, such as following a conversation with people?
8. Moving or speaking so slowly that other people could have noticed? Or being so fidgety or restless that you have been moving around a lot more than usual?
9. Thought that you would be better off dead or of hurting yourself in some way?

NOTE MOTHER'S RESPONSES ON THE MAMI MATERNAL MENTAL HEALTH ASSESSMENT FORM AND CALCULATE TOTAL ASSESSMENT SCORE

**CLASSIFY
ALL MOTHERS
AND INFANTS**

SIGNS

CLASSIFY

ACT

<p>ANY ONE OR MORE OF THE FOLLOWING:</p> <ul style="list-style-type: none"> • Score of 15 or higher and/or • 'Yes' to question 9 (thoughts of self harm) 	<p>HIGH RISK: URGENT MATERNAL MENTAL HEALTH CONCERN</p>	<p>Urgent consult with MHPSS specialised care (if accessible)*</p> <p>AND</p> <p>Enrol in MAMI Outpatient Care</p>
<p>ALL OF THE FOLLOWING SIGNS:</p> <ul style="list-style-type: none"> • Score 10 – 14 and • 'No' to Question 9 (thoughts of self-harm) 	<p>MODERATE RISK Mother would benefit from mental health and psychosocial support</p>	<p>Enrol in MAMI Outpatient Care</p>
<p>ALL OF THE FOLLOWING SIGNS:</p> <ul style="list-style-type: none"> • Score 9 or less and • 'No' to Question 9 (thoughts of self-harm) 	<p>LOW RISK No follow-up for maternal mental health required at this time</p>	<p>Praise & reassure Provide or refer for routine health care & maternal and IYCF counselling</p>

Notes

1. The MAMI Maternal Mental Health Assessment uses the 'Patient Health Questionnaire-9' (PHQ-9). The PHQ-9 is designed to screen, diagnose, monitor, and measure the severity of depression.

*MHPSS: Mental health and psychosocial support