

PSAP Screening Tool

Department: _____

Language: _____

“What is your race or ethnicity?": _____

Because so many women are affected by depression, alcohol/substance use, and domestic violence, I ask all my patients about these issues:

I a. EMOTIONAL HEALTH SCREENING

Sometimes, when things in life get difficult, it is common for people to feel down, sad or depressed.

1. Over the last 2 weeks how often have you been bothered by the following problems:

	not at all (0)	Some of the time (1)	All of the time (2)	No Response
a. Had little interest or pleasure in doing things?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Felt down, sad, depressed or hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Felt nervous, anxious, on edge, or worrying a lot about different things?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total score _____ ≥ 3 continue assessment

d. How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people? _____

Suicide Risk:

e. Have you had thoughts that you would be better off dead or of hurting yourself in any way? Yes No

High Risk: Current thoughts with plans - >refer for emergency management

Intermediate risk: Current thoughts, no plans, with or without risk factors - assess suicide risk and consult with human services/mental health

Low risk: no current thoughts, no major risk factors - monitor

Education/Referral/Intervention: _____

II a. SUBSTANCE/ALCOHOL USE SCREENING

2. Do you smoke, or, have you ever smoked cigarettes? Yes Current Past No

3. Many people have found that drug use has caused difficulties in their life. In the past or currently, have you had difficulties in your life due to alcohol or drug use? Yes No

4. Do you drink alcohol? Yes No

a. On a typical day when you drink, how many drinks do you have? _____

b. If you are at an event/party and you are drinking, how many drinks do you have? _____

≥ 3 /day = **at risk** > 7 drinks/week = **at risk** 4 drinks/event = **binge** any alcohol during pregnancy = **at risk**

5. Do you use any other drugs? Yes No

marijuana cocaine oxycontin other

a. On a typical day when you use drugs, how much do you use? _____

b. On average, how many days a week do you get high? _____

any drug use = **at risk**

Education/Referral/Intervention: _____

III a. DOMESTIC VIOLENCE SCREENING

We know that emotional and/or physical violence is common in many relationships, so I ask all my patients about this:

	Yes	No	No Answer
5. Have you ever felt afraid or unsafe with a partner?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Has a partner ever tried to control you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Has a partner pushed, hit, kicked, choked, threatened, hurt or frightened you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you ever had any kind of unwanted or forced sexual contact? <i>If yes to #8, was it in an intimate relationship?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Have you ever had any kind of unwanted or forced sexual contact? <input type="checkbox"/> Current risk <input type="checkbox"/> Past risk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For negative screens, communicate: I would just like you to know, if you ever feel unsafe in any way there is help available.

Education/Referral/Intervention: _____

Date: _____

Provider Name: _____

Provider Signature: _____

The Boston Fetal Infant Mortality Review, a comprehensive study of infant deaths in Boston, concluded that some of the largest gaps in women's health services occurred in the failure to identify and address women's life circumstances and behavioral risks in their ongoing health care. The Preconceptional Screening and Assessment Project (PSAP) funded by the HRSA Maternal Child Health Bureau is a collaboration between the Boston Public Health Commission, Massachusetts Department of Public Health, two Boston community health centers, and representatives of academic institutions designed to address these barriers to care and gaps in services. We have developed a brief screening tool for depression, substance use, and domestic violence for women of reproductive age in the preconception period. Throughout the project an ongoing feedback loop involving consumers, primary care providers, and behavioral health experts has been critical for success. Focus groups with health center consumers held in English, Spanish, Portuguese and Vietnamese confirm that women across cultures want their providers to screen for behavioral risks. Over 1600 have been screened with the PSAP tool. Of these screens, 46% of the women screened positive for any of the behavioral risk conditions, with 23% screening positive for depression (15% mild to moderate and 8% severe), 26% screening positive for any substance/alcohol use, and 14% screening positive for any domestic violence (past or present), compared to baseline rates of 12% for depression, 3% for substance/alcohol use, and 2% domestic violence.

Reference information:

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