

## Knowledge related to perinatal depressive symptom identification and management

Please use ✓ for true statements and × for false statements.

- ..... 1. Depression is ranked top 10 among Thai females of 'Years of Life Lost due to Disability' (YLD).
- ..... 2. Prevalence of antenatal depressive symptoms among women, in Thailand and in other countries, is about 5%.
- ..... 3. Pregnant women have a reduced risk of developing depressive symptoms compared to non-pregnant women because women's emotions change to be more positive during pregnancy.
- ..... 4. Depressive symptoms can occur during pregnancy and thereafter until one year after childbirth.
- ..... 5. Depressive symptoms among pregnant women include physical, emotional, cognitive and behavioral symptoms.
- ..... 6. Pregnant women who are depressed can have reduced appetite and increased wish to sleep.
- ..... 7. Genetics is the main cause of depressive symptoms among pregnant women.
- ..... 8. Risk factors associated with antenatal and postnatal depressive symptoms among women are low psychological well-being, low self-esteem, low sense of coherence and teenage pregnancy.
- ..... 9. According to the principles of depressive symptoms screening, the questions should not be explained or expanded. If the participants don't understand, the questions can be repeated.
- ..... 10. Cognitive and behavioral adjustment is a way of preventing antenatal depressive symptoms among women.
- ..... 11. The best way of caring for pregnant women at risk for depressive symptoms is to use antidepressant drugs.
- ..... 12. A consequence of depressive symptoms among pregnant women is reduced child development.

## Attitudes related to perinatal depressive symptom identification and management

Please check  in the box related to your attitude

| Statements   | Strongly agree | Agree | Disagree | Strongly disagree |
|--|----------------|-------|----------|-------------------|
| 1. I am sympathetic to pregnant women who are depressed.   |                |       |          |                   |
| 2. Because of their behavior I don't give services to pregnant women with depressive symptoms.   |                |       |          |                   |
| 3. I often feel that depressive symptoms depend on the moods of the depressed pregnant women.  |                |       |          |                   |
| 4. I am often moody when giving services to pregnant women with depressive symptoms as they too often think negatively.  |                |       |          |                   |
| 5. Depressive symptoms among pregnant women are unimportant because these symptoms will disappear after childbirth.  |                |       |          |                   |
| 6. Explaining to depressed pregnant women that they have physical disorders, such as having low or high blood pressure or having a risk of diabetes, is more convenient than explaining that they have a mental problem. |                |       |          |                   |
| 7. Prevention of depressive symptoms among pregnant women is a duty of the physicians, nurses or psychologists.  |                |       |          |                   |
| 8. Caring of pregnant women with depressive symptoms take longer time than caring of women with physical symptoms. Referring women with depressive symptoms to a specialist should be emphasized.                        |                |       |          |                   |
| 9. Antidepressant drugs are an easy way of preventing and treating depressive symptoms.  |                |       |          |                   |
| 10. Capacity building among health personnel in the area of antenatal depressive symptoms among women may increase the quality of services for pregnant women.   |                |       |          |                   |

### Self-efficacy related to perinatal depressive symptom identification and management

Please check  in the box related to your opinion in relation to perinatal depressive symptom identification and management

| Statements   | Not at all true | Hardly true | Moderately true | Exactly true |
|--|-----------------|-------------|-----------------|--------------|
| 1. I can always manage to solve difficult problems if I try hard enough.                 |                 |             |                 |              |
| 2. If someone opposes me, I can find the means and ways to get I want.                   |                 |             |                 |              |
| 3. It is easy for me to stick to my aims and accomplish my goals.                        |                 |             |                 |              |
| 4. I am confident that I could deal efficiently with unexpected events.                  |                 |             |                 |              |
| 5. Thanks to my resourcefulness, I know how to handle unforeseen situations.             |                 |             |                 |              |
| 6. I can solve most problems if I invest the necessary effort.                           |                 |             |                 |              |
| 7. I can remain calm when facing difficulties because I can rely on my coping abilities. |                 |             |                 |              |
| 8. When I am confronted with a problem, I can usually find several solutions.            |                 |             |                 |              |
| 9. If I am in trouble, I can usually think of a solution.                                |                 |             |                 |              |
| 10. I can usually handle whatever comes my way.  |                 |             |                 |              |