

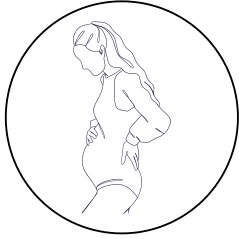


# ask masi Screening & Monitoring

Based on the CANMAT and SOGC guidelines.

Screen at any time during pregnancy (min. once) and again postpartum up to 12 months.

## EARLY PREGNANCY



EPDS, PHQ-9, GAD-7

## THIRD TRIMESTER



EPDS, PHQ-9, GAD-7

## POST PARTUM



EPDS, PHQ-9, GAD-7



**CONTINUOUS SYMPTOM MONITORING & RISK RE-EVALUATION**



**EPDS:** *Edinburgh Postnatal Depression Scale*  
**PHQ-9:** *Patient Health Questionnaire-9*  
**GAD-7:** *General Anxiety Disorder-7*

High-risk individuals (e.g., prior bipolar, trauma, low support, youth) require earlier and additional monitoring

