Identifying Perinatal Depression and Anxiety: Evidence-based Practice in Screening, Psychosocial Assessment and Management

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DESCRIPTION

*Identifying Perinatal Depression and Anxiety* brings together the very latest research and clinical practice on this topic from around the world in one valuable resource.

- Examines current screening and management models, particularly those in Australia, England and Wales, Scotland, and the United States
- Discusses the evidence, accuracy, and limitations of screening methods in the context of challenges, policy issues, and questions that require further research
- Up to date practical guidance of how to screen, assess, diagnose and manage is provided.
- Considers the importance of screening processes that involve infants and fathers, additional training for health professionals, pathways to care following screening, and the economics of screening
- Offers forward-thinking synthesis and analysis of the current state of the field by leading international experts, with the goal of sketching out areas in need of future research
ABOUT THE AUTHOR

**Jeannette Milgrom** is Professor of Psychology in the Melbourne School of Psychological Sciences at the University of Melbourne, Director of Clinical and Health Psychology at Austin Health and Founder and Director of the Parent-Infant Research Institute, Australia. She is internationally recognized for her work with mothers and babies and is currently President-Elect of the Marcé Society for Perinatal Mental Health. She is the author of six books, including *Psychology and Psychiatry: Integrating Medical Practice* (Wiley, 2001) and *Treating Postnatal Depression: A Psychological Approach for Health Care Practitioners* (Wiley, 1999), and over 110 scientific articles and chapters.

**Alan W. Gemmill** is Senior Research Fellow and Deputy Director of Research at the Parent-Infant Research Institute in Melbourne, Australia. He has led novel research into perinatal mental health for 14 years and has a special interest in clinical treatment studies and preventive intervention programs for maternal mental health difficulties. He has published widely on such topics as the neurodevelopmental benefits of early stress reduction for premature infants; the prevention of perinatal mood disorders and parenting difficulty; the major risk factors for perinatal depression and anxiety; and the predictive value of screening instruments for perinatal mood disorders.

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