Figure 1. PDP Five A's

Pediatric Clinician's Guide to Parental Depression Screening

Assess
Conduct brief parental depression screening at well child visits
Score to determine if risk for major depression

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Address
Discuss screening results and the possibility of depression
Explain impact of parental mood on children

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Agree
Doctor and parent jointly agree on what to do next

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Assist & Arrange
Assist with child developmental or behavioral issues when needed
Provide parent with educational materials
Provide referrals to community resources and other providers

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Address Again
Follow up at next pediatric visit or sooner if needed