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VULNERABLE PARENTS:ASSESSMENT OF PARENTAL MENTAL HEALTH

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Sixteen mothers of children attending family centres in the City of Nottingham were interviewed. They were asked to complete a screening questionnaire for depression. They were subsequently asked how they felt about the use of such a questionnaire. Eleven mothers responded; they were all positive about the use of a depression screening questionnaire. Their responses are documented.

Ten out of the sixteen women had significant scores using the depression screen. Many of these women had relevant social factors which had led to them becoming vulnerable to depression.

The results show that there is a high prevalence of depressive symptomatology within mothers attending family centres.

There were no reported adverse events. The application of such a questionnaire in the assessment of children in need is discussed.

Primary prevention strategies that could be implemented are also discussed.

