

Annex 1: postpartum depression questionnaire	
Section / Question	Response(s)
I. PERSONAL INFORMATION	
1. How old are you?
2. In which sector do you work?	<input type="checkbox"/> Private practice <input type="checkbox"/> Public sector <input type="checkbox"/> Both
3. Years of experience:	<input type="checkbox"/> <5 years <input type="checkbox"/> 5–20 years <input type="checkbox"/> >20 years
4. Have you ever consulted a healthcare professional for a psychological issue?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I prefer not to answer
5. Have you received training on postpartum depression during your studies?	<input type="checkbox"/> Yes <input type="checkbox"/> No
II. ATTITUDES	
6. Can psychiatric disorders be treated with medication?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Is it important to screen for postpartum depression?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Have you recommended that a woman with signs of PPD consult a psychiatrist?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. What does PPD represent to you?	<input type="checkbox"/> Laziness <input type="checkbox"/> Excuse <input type="checkbox"/> Lack of faith <input type="checkbox"/> Weakness <input type="checkbox"/> Psychological suffering
10. Do you consider PPD a real medical condition?	<input type="checkbox"/> Yes <input type="checkbox"/> No
11. Can PPD have consequences for the child?	<input type="checkbox"/> Yes <input type="checkbox"/> No
12. Can PPD resolve on its own?	<input type="checkbox"/> Yes <input type="checkbox"/> No
13. If you've given birth, did you experience PPD symptoms?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I have never been pregnant
14. Have you detected signs of PPD in your patients?	<input type="checkbox"/> No <input type="checkbox"/> Yes (<50 cases) <input type="checkbox"/> Yes (>50 cases)
III. KNOWLEDGE	
15. Which statement is correct?	<input type="checkbox"/> Psychological illnesses, especially depression and anxiety, are generally observed during the prenatal and postnatal periods. <input type="checkbox"/> Psychological disorders, such as depression and anxiety, are not directly related to personality disorders. <input type="checkbox"/> Psychological disorders such as depression and anxiety are not related to drug and alcohol addictions. <input type="checkbox"/> It is not necessary to screen for and differentiate between concurrent depression and anxiety in pregnant women.
16. Main reason for lack of care?	<input type="checkbox"/> Lack of social support <input type="checkbox"/> Lack of support from healthcare professionals <input type="checkbox"/> Underestimation and lack of awareness of depressive symptoms by caregivers <input type="checkbox"/> Difficulty accessing treatment for depression
17. Estimated suicide rate in depressed pregnant women?	<input type="checkbox"/> 1% <input type="checkbox"/> 10% <input type="checkbox"/> 15% <input type="checkbox"/> 25%
18. Is prematurity a risk factor?	<input type="checkbox"/> True <input type="checkbox"/> False
19. Are complications during childbirth risk factors?	<input type="checkbox"/> True <input type="checkbox"/> False
20. Is multiparity a risk factor?	<input type="checkbox"/> True <input type="checkbox"/> False
21. Are newborn difficulties risk factors?	<input type="checkbox"/> True <input type="checkbox"/> False
22. Is neonatal morbidity a risk factor?	<input type="checkbox"/> True <input type="checkbox"/> False
23. Are there screening tools for PPD?	<input type="checkbox"/> Yes <input type="checkbox"/> No
- If yes, which ones?
- Do you use them?
- If not, why?
24. What is the baby blues?	<input type="checkbox"/> Is a feeling of sadness that may be accompanied by mood swings <input type="checkbox"/> Can last beyond 2 weeks <input type="checkbox"/> Occurs before childbirth <input type="checkbox"/> Affects many women
25. Prevalence of baby blues?	<input type="checkbox"/> 1–2% <input type="checkbox"/> 10–20% <input type="checkbox"/> 20–30% <input type="checkbox"/> 30–80%
26. Management of baby blues?	<input type="checkbox"/> Empathy and moral support

	<input type="checkbox"/> Help with baby care <input type="checkbox"/> Psychotherapy <input type="checkbox"/> Referral to a postpartum support group
27. Required element for diagnosing PPD?	<input type="checkbox"/> Grandiose plans for the future <input type="checkbox"/> Frequent mood swings <input type="checkbox"/> Excessive concern with cleanliness <input type="checkbox"/> Persistently depressed mood lasting more than 2 weeks
28. When does PPD most often occur?	<input type="checkbox"/> 2 to 5 days <input type="checkbox"/> 10 to 14 days <input type="checkbox"/> After 1 month <input type="checkbox"/> After 3 months
29. Prevalence of PPD globally?	<input type="checkbox"/> 5% <input type="checkbox"/> 15% <input type="checkbox"/> 30% <input type="checkbox"/> 50%
30. Correct statement about symptoms of PPD?	<input type="checkbox"/> Problems with the partner or another child <input type="checkbox"/> Feeling frustrated with life today <input type="checkbox"/> Worrying about the baby <input type="checkbox"/> All of the above
31. Which statement is correct?	<input type="checkbox"/> Postpartum depression in 80% of women resolves spontaneously without treatment <input type="checkbox"/> Women who experienced postnatal depression in a previous pregnancy are more likely to develop it in a future one <input type="checkbox"/> Women with postnatal depression do not develop suicidal thoughts or attempts <input type="checkbox"/> About 5% of pregnant women develop puerperal psychosis after childbirth
32. Recommended management for mild PPD?	<input type="checkbox"/> Empathy and emotional support <input type="checkbox"/> Education on postnatal depression, supportive counseling, and peer support groups <input type="checkbox"/> Psychotherapy and antidepressants <input type="checkbox"/> Hospitalization and medication
33. Recommended management for moderate/severe PPD?	<input type="checkbox"/> Empathy and emotional support <input type="checkbox"/> Education on postnatal depression, supportive counseling, and peer support groups <input type="checkbox"/> Psychotherapy and antidepressants <input type="checkbox"/> Hospitalization and medication
34. Correct statement about antidepressants?	<input type="checkbox"/> Mothers can breastfeed while taking antidepressants <input type="checkbox"/> The presence of antidepressants in breast milk has been well studied <input type="checkbox"/> Antidepressants cause dependency <input type="checkbox"/> Antidepressants have immediate effectiveness