

Case Study 1

Kimberley Mum's Mood Scale (KMMS) Part 1

NAME:

DOB:

DATE:

Think about the past 7 days, not just how you feel today.

1. I can sit down and have a good laugh



Yes, always



Yes, sometimes



No, not much



No, never

2. I look forward for good things to happen



Yes, always



Yes, sometimes



No, not much



No, never

3. I blame myself when things go wrong



Yes, always



Yes, sometimes



No, not much



No, never

4. I worry too much and don't know why



Yes, always



Yes, sometimes



No, not much



No, never

5. I feel frightened and shaky a lot



Yes, always



Yes, sometimes



No, not much



No, never

6. I can't handle all the stress or I stress out



Yes, always



Yes, sometimes



No, not much



No, never

7. I feel really no good, like no-one loves me



Yes, always



Yes, sometimes



No, not much



No, never

8. I can't sleep because I am sad or think too much



Yes, always



Yes, sometimes



No, not much



No, never

9. I am so sad I have been crying



Yes, always



Yes, sometimes



No, not much



No, never

10. I think about doing something bad to myself or others



Yes, always



Yes, sometimes



No, not much



No, never

Case Study 1

Kimberley Mum's Mood Scale Part 2

PART 1 SCORE:

NAME:

DOB:

DATE:

Refer to the KMMS Manual for information on how to facilitate the yarn, guidelines for administration, examples of enquiring/exploring questions for each psychosocial domain, how to determine overall risk, and options for follow-up actions.

EXPLORE THE WOMAN'S STORY, NOTING THE SITUATION AND HER PROTECTIVE AND RISK FACTORS

SUPPORT:

This baby not planned- already have 4 children and they are difficult enough to manage. Little sister at the house helps with the children. Mother helps out sometimes but she has her own stuff going on- my brother is disabled and mum cares for him.

MAJOR STRESSORS:

Currently living in mother's home- needs her own house. Left partner- father of older children and the family home to remove herself and children from him. He is controlling and abusive. She stresses when he is around and he is currently in town.

SELF-ESTEEM / ANXIETY:

Often feeling worried and stressed. She acknowledges her anxiety levels and makes time to attend Anglicare appointments to help herself. Had PND after first child and was given medication at the time. Gets angry easy with herself and the children.

RELATIONSHIPS:

Mother and sisters are ok about new baby. They help a bit with the older children. Father of this baby- not a strong relationship with him, separated before finding out about pregnancy. Not the father of other children. He is ok, still see him, he might help out with the baby.

CHILDHOOD EXPERIENCES:

Not great childhood. Witnessed DV towards mother from father. She was sexually abused at a young age and this was never addressed. Worries about children and their safety.

SUBSTANCE MISUSE:

No substance use. Current smoker- has tried to cut down since being pregnant.

SOCIAL, EMOTIONAL AND CULTURAL WELLBEING:

No appetite- only eats when setting a good example for children. Lack of sleep- goes to sleep late. Wakes up for the children in the night then cannot get back to sleep for racing mind.

OVERALL RISK OF DEPRESSION AND/OR ANXIETY (PLEASE TICK)

Consider Part 1 score and the risk and protective factors identified during Part 2 in determining overall risk

LOW	Self-care recommended	
MODERATE	Clinical assessment within 1 week	
HIGH	Clinical assessment required within 48-72 hours	
IMMEDIATE CONCERNS	Clinical handover required immediately	

FOLLOW-UP ACTIONS: Explore relevant referrals, or next steps with the woman.