Kimberley Mum's Mood Scale (KMMS) Part 1

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

NAME:

DOB:

DATE:

1. **I can sit down and have a good laugh**
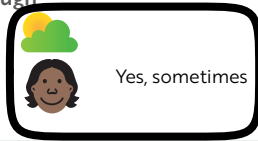
   Yes, always — **Yes, sometimes** ☑ — No, not much — No, never

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** ☑

Kimberley Mum's Mood Scale Part 2

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.

PART 1 SCORE:
NAME:
DOB:
DATE:

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

SUPPORT: Supportive family. Good support from workplace & colleagues. Able to talk with colleagues about problems. Close with sisters who live in town and they will support her.
Starting to feel tired with pregnancy but very happy to be having a baby. First child.

MAJOR STRESSORS: Was 'stressed' by partner but since recent separation- stress has reduced. Were together for two years- violence started early during pregnancy. Increased jealousy turned into physical abuse. Left after the second time he hit her- called police but no current DVO. Partner now living in Broome.
Housing- needed to speak with HomesWest about getting ex-partner's name off the lease. Did this herself.

SELF-ESTEEM /ANXIETY: Feeling good, 'happy' after separation. Feeling better at work. She says a 'strong woman made this change' referring to the separation.
Still feels frightened and shaky when speaking with ex-partner but keeping busy reduces her anxiety levels. Not looking to go to counselling- feels she is able to speak to family.
Not sure if ex will want to be involved with baby- knows she can talk to midwife about this at future visits.

RELATIONSHIPS: One sister lives with her and she is happy for baby- will be helpful when baby comes. Parents and other family live at Community 200km away- close family all happy for pregnancy. Recent separation from partner- positives of the separation, no more DV, she is able to do normal tasks now. Ex-partner has agreed to call before any visit to her and he must behave when with her.

CHILDHOOD EXPERIENCES: Positive childhood experiences and memories growing up on Community with family. Enjoyed fishing and swimming all day.

SUBSTANCE MISUSE: Gave up smoking when found out pregnant- was easy. Not much smoking before pregnancy and none now.

SOCIAL, EMOTIONAL AND CULTURAL WELLBEING: Feels good. Was a bit lonely missing family a few weeks ago but feels better now after going to visit them. Knows they are not far away.

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.