



GUIDELINE FOR PRE-TREATMENT SESSION

The pre-treatment education and engagement session consists of:

- meeting the patient
- educating and/or addressing questions she might have about her depression diagnosis
- identifying barriers to receiving depression care
- eliciting the woman's health concerns for which she attends the clinic
- engaging her in commitment to her own depression treatment

Educational Component:

The educational component includes background information about depression, concerns of stigma, and the role of patient choice of treatment in her care. The depression care manager also targets the patient's questions about and comfort with depression treatment in the OB-GYN clinical setting and elicits perceived barriers to receiving depression care. Perceived barriers to receiving care are identified using the *Engagement Checklist*. The *Access to Treatment Questionnaire* may be used, if needed. The results of this questionnaire are used to address perceived barriers that the patient has to receiving care and solutions to overcoming them.

Health Concerns Component:

The health concerns component elicits the patient's primary reason(s) for attending the clinic and specific women's health concerns that she may have. The depression care manager asks the patient about any health concerns, using the *Health Concerns Symptoms Questionnaire*. The results of this questionnaire are used to help the patient formulate and ask questions of her OB/GYN (preferred) and/or the DAWN team to provide direct feedback to the OB/GYN about the patient's concerns.

Engagement Component:

The engagement component has been shown to improve engagement and retention in a diverse sample of depressed women. For more details, refer to:

- Zuckoff, A., Swartz, H.A., & Grote, N.K. (2008). Motivational interviewing as a prelude to psychotherapy of depression. In H. Arkowitz, H. Westra, W.R. Miller, & S. Rollnick (Eds.), *Motivational interviewing in the treatment of psychological problems* (pp. 109-144). New York: Guilford.