

I-DOC (Doctor's Knowledge, Attitudes and Perceptions of Perinatal Mental Health) Survey

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Objective

To assess:

- Knowledge, attitudes, perceptions and practices towards perinatal mental health amongst obstetrics and gynaecology doctors.

Method

- Online questionnaire

Target audience

- 53 doctors specialising in obstetrics and gynaecology

Period of survey

- September to November 2022

Findings

- 98% and 94% of doctors in the antenatal and postnatal period respectively, reported that patients rarely/sometimes report mental health issues or symptoms
- 89% and 66% of doctors in the antenatal and postnatal period respectively, never or seldom initiate a discussion about mental health with their patients
- 85% are not confident/somewhat confident about providing advice on mental health
- 66% do not perform routine screening for mental health
- 94% were not aware of any guidelines on perinatal mental health for the Singapore population
- 40% were not aware of the adverse pregnancy or child developmental outcomes related to mental health issues
- 98% agreed that a set of standardised Singapore Perinatal Mental Health Guidelines will be useful for healthcare workers and patients
- 100% agreed that educating patients on mental health is important and that screening during pregnancy and post-pregnancy is important
- 28.3% seldom recommend healthy lifestyle habits for mental health
- 21% would only make recommendations if patients initiated a discussion about mental health

Conclusion

There is a need for a set of Perinatal Mental Health Guidelines for healthcare professionals to increase their levels of knowledge, as well as confidence and skills in the detection and management of maternal and perinatal mental health.