

‘Implementation of the Kimberley Mum’s Mood Scale across Primary Health Care Services in the Kimberley region of Western Australia: a mixed methods assessment’

Why was this study done?

The Kimberley Mum’s Mood Scale (KMMS) is a screening tool that Clinics do with pregnant Mums to check how they are going and if they have any worries, stress or worries. Doing the KMMS helps the clinic to see if the Mum has depression (feeling really no good) and or anxiety (feeling really worried or stressed out) and how the clinic can best help.

This study was done to help us to see if the KMMS was being used more now than in 2018. 2018 is when we started working with clinics to help them to use the tool more often (implement the tool). This study was also done to understand what Aboriginal women and clinic workers thought about the KMMS being used in the clinics.

How was this study done?

We looked at 509 medical records (an Audit) from Aboriginal Community Controlled Health Services (ACCHS) across the Kimberley from 2018-2021 to see how many times the KMMS has been used and how it was being used.

We also did interviews with clinic staff from the ACCHS and the Western Australian Country Health Services (WACHS) to learn about their experiences using the KMMS.

We also reviewed 39 KMMS feedback forms that were completed by Aboriginal women after their clinic appointment to see what Aboriginal women thought of the KMMS.

What did we find out?

Over 2018 – 2021 there was an increase in the number of clinic workers using the KMMS. They got better at using the tool and used both parts together most of the time.

Clinic workers said the KMMS is ‘easy to use’, ‘practical’, ‘resiliency focused’ and ‘holistic’.

Aboriginal women told us that it is important that clinics ask about mood and feelings when you are pregnant or have a young child. They also said the KMMS was the right way to ask questions about mood and feelings.

We learnt that having support and strong partnerships with **Kimberley Aboriginal Medical Services, Broome Regional Aboriginal Medical Services, Derby Aboriginal Health Services, Yura Yungi Medical Service, Ord Valley Aboriginal Health Service, and the Child and Maternal Health team from WA Country Health Service – Kimberley** was also important to implementing the KMMS.

What does this mean?

The study shows us that Aboriginal women and clinic workers in the Kimberley have changed how they talk to women about the woman’s mood and feelings during pregnancy and after birth. The study also showed that Aboriginal women and their clinicians support the continued use of the KMMS across the Kimberley.

If you have any questions or require further information about the KMMS please contact: Emma Carlin by email emma.carlin@rcswa.edu.au or phone (08) 9194 3234.