

# 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:

MAJOR STRESSORS:

SELF-ESTEEM / ANXIETY:

RELATIONSHIPS:

CHILDHOOD EXPERIENCES:

SUBSTANCE MISUSE:

SOCIAL, EMOTIONAL AND CULTURAL WELLBEING:

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.