



Ref: Patient's NHS number

General Practitioner's name

Address 1
Address 2
Address 3
Address 4
Postcode

SONAR 1
Department of Anaesthesia
University College Hospital
London
235 Euston Road
London
NW1 2BU

Private and confidential

Dear [General Practitioner Name]

Regarding a patient's recent participation in SONAR 1 study

The above-named patient recently participated in the Snapshot Obstetric National Anaesthetic Research 1 (SONAR 1) study which is conducted by University College Hospital London.

As part of this study, we have assessed quality of recovery at 24 hours and at 6 weeks (+/- 3 days) after caesarean delivery. We use the Edinburgh Postnatal Depression Scale (EPDS) and the PCL-5 Post Traumatic Stress Disorder checklist as screening tools. We are contacting you as the patient scored:

≥ 11 on the EPDS and/ or

> 30 on the PCL-5 checklist and/or

>10 on the Generalised Anxiety Disorder checklist

This would suggest that they may be suffering from symptoms of postpartum depression, anxiety and/or posttraumatic stress disorder. These tools are screening tools and not diagnostic, with clinical judgement important in interpreting these



scores. We have informed the patient in writing and over the telephone that their score has met these thresholds. We have encouraged self-referral to their GP or health visitor for further assistance.

If you required any further information, please do contact us.

Yours Sincerely,

Dr James O'Carroll

Principal Investigator for SONAR 1

NOTES FOR USER – delete EPDS, GAD 7 or PCL-5 as appropriate to ensure recipient is clear on what score the patient triggered the threshold.

Please provide local contact details for research team