# Salem Health Midwives and OB/GYN

## Edinburgh Postnatal Depression Scale<sup>1</sup> (EPDS)



Name:		PATIENT	INFORMATION
Baby's Date of Birth: Plans of	Name:		Date of Birth:
As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes close how you have felt INTHE PAST 7 DAYS, not just how you feel today.  Here is an example, already completed.  I have felt happy: Yes, all the time Yes, most of the time No, not very often No, not very often No, not at all  NTHE PAST 7 DAYS:  1. I have been able to laugh and see the funny side of things. As much as I always could Not quite so much now Definitely not so much now Not at all  2. I have looked forward with enjoyment to things As much as I ever did Rather less than I used to Definitely less than I used to Hardly at all  *3. I have blamed myself unnecessarily when things went wrong Yes, most of the time Not very often No, not at all  Hardly ever Yes, sometimes Not very often No, not at all Hardly ever Yes, sometimes Not very often No, not at all  *9. I have been so unhappy that I have heen crying Yes, most of the time Yes, quite often Not very often No, not at all Hardly ever Yes, sometimes Not very often No, not at all Hardly ever Yes, sometimes No, not at all Hardly ever Yes, sometimes No, not much  *1. I have been anxious or worried for no good reason Yes, quite often No, not at all Yes, most of the time Yes, quite often No, not at all No, not at all No, not at all Hardly ever Yes, sometimes No, not much  *2. I have felt scared or panicky for no very good reason Yes, quite often No, not at all Yes, most of the time Yes, quite often No, not at all Hardly ever Yes, sometimes No, not much	Address:		
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<sup>&</sup>lt;sup>1</sup> Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry 150:782-786.

<sup>&</sup>lt;sup>2</sup> Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002, 194-199

## Salem Health Midwives and OB/GYN

Edinburgh Postnatal Depression Scale<sup>1</sup> (EPDS)



Postpartum depression is the most common complication of childbearing.<sup>2</sup> The 10-question Edinburgh Postnatal Depression Scale (EPD\$is a valuable and efficient way of identifying patients at risk for "perinatal" depression. The EPDS is easy to administer and has proven to be an effective screening tool.

Mothers who score above 13 are likely to be suffering from a depressive illness of varying severity. The EPDS score should not override clinical judgment. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother has felt during the previous week. In doubtful cases it may be useful to repeat the tool after 2 weeks. The scale will not detect mothers with anxiety neuroses, phobias or personality disorders.

Women with postpartum depression need not feel alone. They may find useful information on the web sites of the National Women's Health Information Center <www.4women.gov> and from groups such as Postpartum Support International <www.chss.iup.edu/postpartum> and Depression after Delivery <www.depressionafterdelivery.com>.

#### SCORING

QUESTIONS 1, 2, & 4 (WITHOUT AN \*)

Are scored 0, 1, 2 or 3 with top box scored as 0 and the bottom box scored as 3.

QUESTIONS 3, 5-10 (MARKED WITH AN \*)

Are reverse scored, with the top box scored as a 3 and the bottom box scored as 0.

Maximum score: 30

Possible Depression: 10 or greater

Always look at item 10 (suicidal thou)ghts

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### INSTRUCTIONS FOR USING THE EDINBURGH POSTNATAL DEPRESSION SCALE:

- 1. The mother is asked to check the response that comes closest to how she has been feeling in the previous days.
- 2. All the items must be completed.
- 3. Care should be taken to avoid the possibility of the mother discussing her answers with others. (Answers come from the mother or pregnant woman.
- 4. The mother should complete the scale herself, unless she has limited English or has difficulty with reading.

<sup>&</sup>lt;sup>1</sup> Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry 150:782-786.

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