

Edinburgh Postnatal Depression Scale

What is Edinburgh Postnatal Depression Scale (EPDS)

The EPDS, or Edinburgh Postnatal Depression Screener, is a screening tool to identify individuals at -risk for perinatal depression

Link to screener

[EPDS](https://www.fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf)—<https://www.fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf>

How to use it / Who should administer

It is a self-report measure. However, 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. Notably, the scale will not detect mothers with anxiety neuroses, phobias or personality disorders.

How to interpret / Next steps

Interpretations are available at the end of the above linked test—be sure to pay specific attention to question 10 which asks about suicidal thoughts.

Women who score above 13 are likely to be suffering from a depressive illness of varying severity. Women who score 10 or greater should be assessed further for depression and referred for treatment (medications and/or psychotherapy) as needed.

More information / what to look for can be found [here](#)