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Gender/Prenatal/Postpartum Inclusive **Edinburgh Postnatal Depression Scale (EPDS)^{1,2}**

The EPDS was developed for screening postpartum women in outpatient, home visiting settings, or at the 6–8 week postpartum examination. *It has also been validated for use in pregnancy and with fathers.*³ It has been utilized among numerous populations including U.S. women and Spanish speaking women in other countries. The EPDS consists of 10 questions. The test can usually be completed in less than 5 minutes. Responses are scored 0, 1, 2, or 3 according to increased severity of the symptom. Items marked with an asterisk (*) are reverse scored (i.e., 3, 2, 1, and 0). The total score is determined by adding together the scores for each of the 10 items. Validation studies have utilized various threshold scores in determining which women were positive and in need of referral. Cut-off scores ranged from 9 to 13 points. Therefore, to err on safety's side, a woman scoring 9 or more points or indicating any suicidal ideation – that is, she scores 1 or higher on question #10 – should be referred immediately for follow-up. *The recommended cut off score for fathers postpartum is 10 or more points or a score of 1 or higher on question #10, also requiring immediate referral for follow-up.*⁴ Even if a woman scores less than 9 or a man scores less than 10, if the clinician feels the client is suffering from depression, an appropriate referral should be made. The EPDS is only a screening tool. It does not diagnose depression – that is done by appropriately licensed health care personnel. Users may reproduce the scale without permission providing the copyright is respected by quoting the names of the authors, title and the source of the paper in all reproduced copies.

Instructions for Users

1. Clients are asked to underline 1 of 4 possible responses that comes the closest to how they have been feeling the previous 7 days.
2. All 10 items must be completed.
3. Care should be taken to avoid the possibility of clients discussing their answers with others.
4. Clients should complete the scale themselves, unless they have limited English or have difficulty with reading.

¹ The instructions for the EPDS have been slightly modified by Cynthia Good Mojab toward greater gender inclusion so that the scale may be used with individuals of various genders. When research is specific to a particular gender, language referring to that gender has been retained. Added language referencing use in pregnancy and with fathers is shown in italics. Because the EPDS is also valid for use in pregnancy, the language of the questionnaire is altered slightly to include pregnancy in the demographic questions and instructions that precede the scale. Those changes are not indicated in italics. The scale itself is unaltered because it was originally written in gender neutral language suitable for prenatal and postpartum use. Cut off scores for referral of transgender clients or clients who identify outside of the binary gender system have not yet been researched. Cut off scores vary with the population in which they are used. See reference number 3 below for a review of the existing literature.

² Cox, J., Holden, J., and Sagovsky, R. Edinburgh Postnatal Depression Scale (EPDS). *British Journal of Psychiatry* 1987; 150:782-786. (This the original EPDS without any editing for gender/prenatal/postpartum inclusion.)

³ Cox, J., Holden, J., Henshaw, C. *Perinatal Mental Health: The Edinburgh Postnatal Depression Scale (EPDS) Manual*. London: RCPsych Publications 2014.

⁴ Edmondson, O., Psychogiou, L. Vlachos, H., Netsi, E. and Ramchandania, P. Depression in fathers in the postnatal period: Assessment of the Edinburgh Postnatal Depression Scale as a screening measure. *J Affect Disord*. 2010; 125(1-3): 365–368.

Name: _____ Date: _____

Address: _____

Week of pregnancy: _____ OR Baby's age: _____

As you are expecting a baby or have recently had a baby, we would like to know how you are feeling. Please UNDERLINE the answer which comes closest to how you have felt IN THE 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 at all

This would mean: "I have felt happy most of the time" during the past week. Please complete the other questions in the same way.

In the 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

*6. Things have been getting on top of me

- Yes, most of the time I haven't been able to cope at all
- Yes, sometimes I haven't been coping as well as usual
- No, most of the time I have coped quite well
- No, have been coping as well as ever

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

*7. I have been so unhappy that I have had difficulty sleeping

- Yes, most of the time
- Yes, sometimes
- Not very often
- No, not at all

*3. I have blamed myself unnecessarily when things went wrong

- Yes, most of the time
- Yes, some of the time
- Not very often
- No, never

*8. I have felt sad or miserable

- Yes, most of the time
- Yes, quite often
- Not very often
- No, not at all

4. I have been anxious or worried for no good reason

- No, not at all
- Hardly ever
- Yes, sometimes
- Yes, very often

*9. I have been so unhappy that I have been crying

- Yes, most of the time
- Yes, quite often
- Only occasionally
- No, never

*5. I have felt scared or panicky for no very good reason

- Yes, quite a lot
- Yes, sometimes
- No, not much
- No, not at all

*10. The thought of harming myself has occurred to me

- Yes, quite often
- Sometimes
- Hardly ever
- Never