

Appendix 5 Edinburgh postnatal major depressive disorder scale

The aim of the EPDS is to assist primary care teams in detecting mothers with Postnatal Major Depressive Disorder. Cox et al, who developed the scale, referred to published work demonstrating that 10-15% of the mothers experience a marked depressive illness in the months following childbirth. At least half had not recovered by the end of the postpartum year, and the children of such depressed mothers may show behaviour disturbance at three years or cognitive defects at four years.

The EPDS is a simple ten-item questionnaire intended to be capable of completion in five minutes. It is best administered during the second or third month postpartum. The mother should not be given the opportunity to discuss her answers with others, as this may influence results.

Scores for each item range from 0-3 according to severity.

The authors suggested a threshold score of 12/13; women scoring above this are most likely to be suffering from a depressive illness and therefore should be assessed further to confirm whether or not clinical Major Depressive Disorder is present. A threshold of 10 was suggested for routine use by primary care workers.

Instructions

As you have recently had a baby, we would like to know how you are feeling now. Please UNDERLINE the answer that comes closest to how you have felt IN THE PAST WEEK, 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.

EPDS score interpretation guide

Response categories are scored 0, 1, 2 and 3 according to increased severity of the symptom. Items marked with an asterisk (*) are reverse scored (ie, 3, 2, 1 and 0). The total score is calculated by adding together the scores for each of the ten items.

Appendix 5. Edinburgh postnatal depressive disorder scale

Patient Name:

Date:

In the past week

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

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

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

***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*

***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, I have been coping as well as ever*

***7 I have been so unhappy that I have difficulty sleeping:**

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

***8 I have felt sad or miserable:**

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

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

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

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

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

TOTAL SCORE

Adapted from the US Department of Health Guidelines Major Depressive Disorder in Primary Care.