

EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)

Author:	Cox, J. L., Holden, J. M., & Sagovsky, R.
Date:	1987
Construct:	Child and Family Health
Standardized:	No
Instrument Type(s):	Self-report
Uses of Information:	The EPDS is designed to detect women suffering from postnatal depression. It does not provide information on the severity of the depression. A respondent whose score is indicative of probable postnatal depression should have a comprehensive assessment.
Environment:	The EPDS may be used to screen women at 6-8 weeks postpartum. The child health clinic, postnatal check-up, or a home visit may provide suitable opportunities for its completion.
Description:	The EPDS is a measurement tool developed to assist primary care health professionals to detect mothers suffering from depression during the postpartum (postnatal) period. The EPDS was developed at health centers in Livingston and Edinburgh. It comprises 10 short statements. The mother underlines which of the four possible responses is closest to how she has been feeling during the past week.
References:	Cox, Holden, & Sagovsky (1987); Murray, & Carothers (1990)
Cost:	Not specified
Availability of Test Manual:	Not specified
Contact Information:	Source: Cox, J. L., Holden, J. M., & Sagovsky, R. (1987). Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. <i>British Journal of Psychiatry</i> , 150, 782-786. Users may reproduce the scale without further permission providing they respect copyright by



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A copy of the scale is available from a number of sites on the Internet. For example, an English version of the scale can be found at: <http://www.dbpeds.org/articles/detail.cfm?TextID=485>

A Spanish version of the scale can be found at: http://www.perinatalweb.org/association/pdf_docs/Screening%20Escala.PDF

Instructions:	Paper and pencil instrument
Administrator:	Self-administered. Care should be taken to avoid the possibility of the mother discussing her answers with others. The mother should complete the scale herself, unless she has limited English or has difficulty with reading.
Qualification:	Not specified
Training Required:	Not specified
Administration Time:	Most mothers complete the scale without difficulty in less than 5 minutes
Respondents:	Women of childbearing age
Scales: /Item Options:	<p>The mother is asked to underline the response that comes closest to how she has been feeling in the previous 7 days. All 10 items must be completed. The following is a sample item from the scale:</p> <p><i>I have been anxious or worried for no good reason.</i></p> <p><i>No, not at all</i></p> <p><i>Hardly ever</i></p> <p><i>Yes, sometimes</i></p> <p><i>Yes, very often</i></p>



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Scoring:	Scoring takes about 5 minutes. Responses are scored from 0 to 3 according to increased severity of the symptoms. Items marked with an asterisk are reverse scored (i.e., 3, 2, 1, and 0). The total score is calculated by adding together the scores for each of the 10 items.
Languages:	English and Spanish
Psychometric Properties:	Reliability: None reported. Validity: Concurrent validity established from a validation study on British mothers, which found that a 12.5 cutoff score identified over 80 percent of the mothers with major depression and about 50 percent of the mothers with minor depression, and had a sensitivity value of 67.7 percent. Another study found a score of 9.5 or higher to be more appropriate for identifying depression among Chinese mothers.

Prepared by the National Center on Child Abuse Prevention Research

Prevent Child Abuse America

Last Updated: July 13, 2005

References:

- ⇒ ACF, OPRE: http://www.acf.hhs.gov/programs/opre/ehs/perf_measures/reports/resources_measuring/res_meas_toc.html
- ⇒ PCAA File.

