



## A Helpful Diagnostic Tool

### **RECOMMENDATIONS**

- All women should be assessed for a history of depression in the prenatal period (including evaluation of a history of prepartum psychosis or family history of affective disorders).
- Edinburgh Postnatal Depression Screen should be offered postpartum as *part of* a screening program for postpartum depression. The diagnosis requires clinical evaluation in addition to this screening.
- The Edinburgh Postnatal Depression Screen should be given at six weeks and three months following delivery.
- Women at high risk should have prenatal education and more frequent postpartum visits. <sup>1,2</sup>

<b>Edinburgh Postnatal Depression Screen</b>				
<i>*Reproduced with permission from the British Journal of Psychiatry, June 1987. Vol. 150; J. L. Cox; J. M. Holden and R. Sagovsky</i>				
Name:				
Address:				
Baby's Age:				
As you have recently had a baby, we would like to know how you are feeling. Please check the answer which comes closest to how you have felt in the PAST 7 DAYS, not just how you feel today,				
	<b>Yes very often</b>	<b>Sometimes</b>	<b>Hardly ever</b>	<b>No, Not at all</b>
1. I have been able to laugh and see the funny side of things.	0	1	2	3
2. I have looked forward with enjoyment to things.	0	1	2	3
3. I have blamed myself unnecessarily when things went wrong.	3	2	1	0
4. I have felt worried or anxious without a very good reason.	3	2	1	0
5. I have felt scared or panicky without a good reason.	3	2	1	0
6. I have been feeling overwhelmed	3	2	1	0
7. I have have had difficulty sleeping even when the baby is asleep	3	2	1	0
8. I have felt sad or miserable.	3	2	1	0
9. I have been so unhappy that I have been crying, or fighting to keep from crying.	3	2	1	0

10. The thought of harming either myself or my baby has occurred to me.	3	2	1	0
<b>TOTAL</b>				
<b>Scoring</b>				
0-8 points	Low probability of Depression			
8-12 points	Most likely dealing with life with a new baby or a case of post partum blues, also known as “baby blues”			
13-14 points	Signs leading to the possibility of post partum depression; take preventive measures			
15+ points	High probability of experiencing clinical post partum depression			

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<sup>1</sup> Scottish Intercollegiate Guideline Network, Royal College of Physicians, Edinburgh, 2002.

<sup>2</sup> Cox, J.L., Holden, J.M. and Sagovsky, R., *British Journal of Psychiatry*, June 1987. Vol. 150.