

Postnatal Depression Screen 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. ^{1,2}

Edinburgh Postnatal Depression Screen <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 that comes closest to how you have felt in the PAST 7 DAYS, not just how you feel today.				
	Yes, very often	Sometimes	Hardly Ever	No, not at all
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.	0	1	2	3
4. I have felt worried or anxious without a very good reason.	0	1	2	3
5. I have felt scared or panicky without a good reason.	0	1	2	3
6. I have been feeling overwhelmed	0	1	2	3

7. I have had difficulty sleeping even when the baby is asleep	0	1	2	3
8. I have felt sad or miserable.	0	1	2	3
9. I have been so unhappy that I have been crying, or fighting to keep from crying.	0	1	2	3
10. The thought of harming either myself or my baby has occurred to me.	0	1	2	3
Total				

Scoring

0-8 points	Low probability of Depression?
8-12 points	Most likely dealing with life with a new baby or a case of postpartum blues, also known as “baby blues”
13-14 points	Signs leading to the possibility of postpartum depression; take preventive measures
15+ points	High probability of experiencing clinical postpartum depression

¹ Scottish Intercollegiate Guideline Network, Royal College of Physicians, Edinburgh, 2002.

² Cox, J.L., Holden, J.M. and Sagovsky, R., British Journal of Psychiatry, June 1987. Vol. 150.