

Edinburgh Postnatal Depression Scale

Age range covered:

0-12 months (infant age)

Languages

English

Domains (Areas) screened:

Parental Postpartum Depression

Approximate time:

Each questionnaire takes 10 minutes to complete and less than 5 minutes to score

Validity and reliability:

Concurrent Validity: a validation study on British mothers 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.

Instructions

Parents circle the number that best describes the severity of symptom described in the item.

Scoring

Responses are scored from 0 to 3 according to increased severity of the symptoms. Individual items are totaled to give an overall score.

A score of 12 or more on EPDS or an affirmative answer on question 10 (presence of suicidal thoughts) requires more thorough evaluation

Reference: Murray, Lynne and Andrew D. Carothers. "The Validation of the Edinburgh Post-natal Depression Scale on a Community Sample." *British Journal of Psychiatry* Vol. 157, pp. 288-290, 1990

Download: A copy of the scale can be found at [www.clinical-supervision.com/edinburgh scale.htm](http://www.clinical-supervision.com/edinburgh%20scale.htm)