

# Edinburgh Postnatal Depression Scale<sup>1</sup> (EPDS)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Your Date of Birth: \_\_\_\_\_

\_\_\_\_\_

Baby's Date of Birth: \_\_\_\_\_

Phone: \_\_\_\_\_

---

As you are pregnant or 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.

Here is an example, already completed.

I have felt happy:

- ☐ Yes, all the time  
☒ Yes, most of the time      This would mean: "I have felt happy most of the time" during the past week.  
☐ No, not very often      Please complete the other questions in the same way.  
☐ No, not at all

In the past 7 days:

- |   |   |
|---|---|
| <p>1. I have been able to laugh and see the funny side of things</p> <p><input type="checkbox"/> As much as I always could<br/><input type="checkbox"/> Not quite so much now<br/><input type="checkbox"/> Definitely not so much now<br/><input type="checkbox"/> Not at all</p> <p>2. I have looked forward with enjoyment to things</p> <p><input type="checkbox"/> As much as I ever did<br/><input type="checkbox"/> Rather less than I used to<br/><input type="checkbox"/> Definitely less than I used to<br/><input type="checkbox"/> Hardly at all</p> <p>*3. I have blamed myself unnecessarily when things went wrong</p> <p><input type="checkbox"/> Yes, most of the time<br/><input type="checkbox"/> Yes, some of the time<br/><input type="checkbox"/> Not very often<br/><input type="checkbox"/> No, never</p> <p>4. I have been anxious or worried for no good reason</p> <p><input type="checkbox"/> No, not at all<br/><input type="checkbox"/> Hardly ever<br/><input type="checkbox"/> Yes, sometimes<br/><input type="checkbox"/> Yes, very often</p> <p>*5. I have felt scared or panicky for no very good reason</p> <p><input type="checkbox"/> Yes, quite a lot<br/><input type="checkbox"/> Yes, sometimes<br/><input type="checkbox"/> No, not much<br/><input type="checkbox"/> No, not at all</p> | <p>*6. Things have been getting on top of me</p> <p><input type="checkbox"/> Yes, most of the time I haven't been able to cope at all<br/><input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual<br/><input type="checkbox"/> No, most of the time I have coped quite well<br/><input type="checkbox"/> No, I have been coping as well as ever</p> <p>*7. I have been so unhappy that I have had difficulty sleeping</p> <p><input type="checkbox"/> Yes, most of the time<br/><input type="checkbox"/> Yes, sometimes<br/><input type="checkbox"/> Not very often<br/><input type="checkbox"/> No, not at all</p> <p>*8. I have felt sad or miserable</p> <p><input type="checkbox"/> Yes, most of the time<br/><input type="checkbox"/> Yes, quite often<br/><input type="checkbox"/> Not very often<br/><input type="checkbox"/> No, not at all</p> <p>*9. I have been so unhappy that I have been crying</p> <p><input type="checkbox"/> Yes, most of the time<br/><input type="checkbox"/> Yes, quite often<br/><input type="checkbox"/> Only occasionally<br/><input type="checkbox"/> No, never</p> <p>*10. The thought of harming myself has occurred to me</p> <p><input type="checkbox"/> Yes, quite often<br/><input type="checkbox"/> Sometimes<br/><input type="checkbox"/> Hardly ever<br/><input type="checkbox"/> Never</p> |
|---|---|

Administered/Reviewed by \_\_\_\_\_ Date \_\_\_\_\_

<sup>1</sup>Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786.

<sup>2</sup>Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No. 3, July 18, 2002, 194-199

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# Perinatal Psychiatry Use And Misuse Of The Edinburgh Postnatal Depression Scale

**Collège National des Gynécologues et  
Obstétriciens Français, Marie-Victoire  
Senat, Loïc Sentilhes, Loïc Marpeau**

## **Perinatal Psychiatry Use And Misuse Of The Edinburgh Postnatal Depression Scale:**

**Perinatal Psychiatry** John Cox, Jeni Holden, 1994-01-01      **Perinatal Psychiatry** Carmine Pariante, Sue Conroy, Paola Dazzan, Louise Howard, Susan Pawlby, Trudi Seneviratne, 2014-02-13 Mental health problems during and immediately after pregnancy are a major concern across the world As well as affecting the health of the mother they can have significant harmful and long term effects on the infant if not dealt with effectively Perinatal Psychiatry honours the work of Channi Kumar one of the seminal figures in the history of perinatal psychiatry and presents a comprehensive multidisciplinary review of the field Bringing together the leading researchers in the area it covers the causes of perinatal mental health problems the biology of perinatal depression and its more extreme form puerperal psychosis as well as psychosocial and psychological interventions hormonal and neural substrates of perinatal depression and risk factors and epidemiology

**Perinatal Mental Health** Professor Colin R. Martin, 2012 The prospect of parenthood represents a milestone in anyone's life course and is often a period of stress and challenge There are a number of significant mental health problems that can occur during the perinatal period the consequences of which can be both enduring and occasionally life threatening However irrespective of the specifics of the clinical manifestation of a disturbance the distress and misery that accompanies it has significant ramifications for the mother or mother to be and her partner and family This book is arranged in themed parts that represent key aspects of perinatal mental health

**Perinatal Mental Health** John Cox, Jeni Holden, Carol Henshaw, 2014-02-03 The Edinburgh Postnatal Depression Scale EPDS is a questionnaire and was designed as a simple means of screening for postnatal depression in health care settings The scale is now in use around the world and this book is a practical guide to using the scale in clinical practice its origins and development background This second edition has been revised and contains much advice based on years of experience All chapters and references have been updated and the chapters on screening and counselling have been considerably revised the evidence base on interventions for perinatal depression is provided plus details of innovative methods such as internet based therapy The book includes the EPDS questionnaire itself in 58 other languages plus a discussion of the questionnaire's cultural validity The scale can also be used by researchers seeking information on factors which influence the emotional well being of new mothers and their families and guidance is also given on use of the scale in research settings The book will be useful for psychologists psychiatrists health visitors midwives family doctors obstetricians and community psychiatric nurses plus researchers in perinatal health

**Health Visiting** Anne Robotham, Marion Frost, 2005-08-29 This book is an essential resource for health visiting students that reflects the key changes required of health visiting practice at the beginning of the new millennium It is a key text for specialist practitioner programmes and also for existing practitioners who are furthering their practice and academic development It brings together the elements of theory and practice which are essential to health visiting practice The book is research based and uses relevant evidence to support discussions A particular strength is the use of case studies and practice examples to

illustrate the theoretical discussions Comprehensive coverage of all areas of health visiting practice will give the new practitioner confidence Case studies help to relate the theory to practice The up to date evidence base includes the latest research The wide range of contributors ensures that the content is written by experts in their field Coverage of aggression and violence the needs of ethnic minorities and complementary therapies reflects the growing role of the HV in relation to contemporary issues Fully updated throughout to reflect changes in practice including re organisation of the health care service changes in social policy child protection and nurse prescribing New chapters on Working with individuals and families Working with social groups and communities Working with socially excluded groups Quality improvement through leading and managing change and Nurse prescribing Content reorganised to reflect changes in emphasis of various issues in practice Addition of useful websites for further information

### **Modern Management of Perinatal Psychiatric Disorder**

Carol Henshaw, John Lee Cox, Joanne Barton, 2009 This book provides both trainees in perinatal psychiatry and the generalist who wishes to know more with an up to date overview of the subject In addition it is a useful resource for other professionals working in the field such as nurses psychologists obstetricians midwives and health visitors The chapters address historical and classification issues the management of both new onset and existing mental disorders including substance misuse presenting in pregnancy and the postpartum period prescribing and physical treatments during pregnancy and breast feeding Also covered are issues for children and families screening for and prevention of mental disorders in relation to childbirth service provision and transcultural issues

### **Emergency Psychiatry: Principles and Practice**

Rachel Lipson Glick, Jon S. Berlin, Avrim Fishkind, Scott L. Zeller, 2019-10-29 The field of emergency psychiatry is complex and varied encompassing elements of general medicine emergency medicine trauma acute care the legal system politics and bureaucracy mental illness substance abuse and addiction current social issues and more In one comprehensive highly regarded volume Emergency Psychiatry Principles and Practice brings together key principles from psychiatric subspecialties as well as from emergency medicine psychology law medical ethics and public health policy Leading emergency psychiatrists write from their extensive clinical experience providing evidence based information expert opinions American Psychiatric Association guidelines and case studies throughout the text This fully up to date second edition covers all of the important issues facing psychiatry residents and practitioners working in today's emergency settings or who encounter psychiatric emergencies in other medical settings

### **Trauma and Physical Health**

Victoria L. Banyard, Valerie J. Edwards, Kathleen Kendall-Tackett, 2008-12-03 Trauma research and clinical practice have taught us much about the widespread problems of child maltreatment partner violence and sexual assault Numerous investigations have documented links between such trauma exposure and long term negative mental health consequences As we learn more about traumatic stress however increasing attention has been drawn to the less studied physical health effects of maltreatment and trauma Trauma and Physical Health describes both the negative physical health effects of victimization in childhood as well as

exploring theoretical models that explains these links By bringing together new and current studies on the relationship between trauma and physical health this edited collection assesses the clinical implications of these links At a time when the mental health field is becoming increasingly cognizant of the value of collaboration with professionals in the physical health arena this book suggests ways in which clinicians can work with primary care professionals to better meet the needs of trauma survivors across the lifespan A key focus of the text is to clarify the relationship between the current knowledge base in trauma and physical health and directions for future research in primary care health settings With contributors from a wide range of clinical and psychological disciplines it will be of interest to researchers clinicians and professionals in the trauma field and to primary care professionals concerned with compassionate care for the traumatized

**Post-partum : recommandations CNGOF pour la pratique clinique** Collège National des Gynécologues et Obstétriciens Français, Marie-Victoire Senat, Loïc Sentilhes, Loïc Marpeau, 2018-08-14 Les Recommandations pour la pratique clinique du CNGOF font autorité auprès des professionnels de santé Rédigées par les meilleurs experts du domaine elles constituent des textes de référence fondamentaux Cet ouvrage propose les recommandations CNGOF sur le post partum Sujet souvent délaissé le post partum est pourtant une période charnière qui constitue pour les cliniciens une occasion unique de prendre en charge la santé physique psychologique et sociale des femmes et de leur enfant Ses multiples problématiques concernent tous les domaines de la santé de la femme de la mère et de son enfant Les recommandations proposent de déterminer les modalités de prise en charge des femmes et des nouveau-nés après l'accouchement que celui-ci ait eu lieu par les voies naturelles ou par césarienne Les auteurs de cet ouvrage ont fourni un long travail de réflexion et de synthèse afin de proposer les recommandations et leur argumentaire sous une forme destinée à favoriser la lecture Toutes les données sont disponibles et facilement accessibles des encadrés rappellent rapidement les points principaux retenir L'ouvrage se structure en 12 chapitres comme 12 recommandations allaitement soins maternels césarienne consultations post natales et leurs spécificités en cas de pathologies contraception vaccinations éducation périnatale premiers mois de vie du nouveau-né troubles psychiques du post partum dépistage et prévention notamment Ouvrage inédit car entièrement consacré cette période spécifique il offre aux praticiens toutes les réponses indispensables à une bonne pratique clinique

**Perinatal Mental Health** Jane Hanley, 2013-05-07 Perinatal Mental Health is an invaluable reference for nurses midwives and other health professionals working with this client group covering current thinking on the causes of mothers mood disorders and the consequences for her infant the family society and most importantly the mother herself This book covers the recognition treatment care and management of perinatal mental health disorders with chapters on the antenatal period postnatal depression and bipolar disorder psychosis personality disorders eating disorders sexual issues self harm and suicide possible causes of postnatal depression the multidisciplinary team and global cultural practices

**Mental Health Aspects of Women's Reproductive Health** World Health Organization, 2009 This book has reviewed the research undertaken on a broad range of reproductive

health issues and their mental health determinants consequences over the last 15 years from both high and low income countries Evidence from peer reviewed journals has been used wherever possible but has been augmented with results of a specific survey initiated to gather state of the art information on reproductive and mental health issues from a variety of researchers and interested parties Valuable data from consultant reports national programme evaluations and postgraduate research work was also compiled analyzed and synthesized

Motherhood in Human and Nonhuman Primates: Biosocial Determinants C. R. Pryce, R. D. Martin, D. Skuse, 1995-05-15 Within the disciplines of anthropology medicine psychology and zoology the primate mother infant relationship has been studied extensively in terms of either its evolution adaptive function causation disruption or consequences Between these disciplines however there has been only limited exchange of theory and evidence relating to the study of motherhood and this is true for human motherhood specifically and primate motherhood in general This situation needs rectifying because a clear and detailed understanding of the biosocial regulation of human motherhood is best achieved using a comparative and interdisciplinary approach

Becoming a Midwife Rosemary Mander, Valerie Fleming, 2014-05-09 What is the reality of being a midwife in the twenty first century What is it like to help and support women throughout pregnancy and childbirth and into motherhood What roles can midwives play in society This new edition of the popular text *Becoming a Midwife* explores what it is to be a midwife looking at the factors that make midwifery such a special profession as well as some of the challenges The fully updated chapters cover a variety of settings and several different stages in a woman's pregnancy including stories from midwives working in hospitals and in the community as managers supervisors and educators and as men women mothers and birth activists All chapters are narrated by contributors who introduce their own theme recount a vignette that throws light on their understandings of midwifery and reasons for becoming or not becoming a midwife and any subsequent career moves Backed up by commentaries and drawing together these insights the editors show what it means to be a midwife today Suitable for those contemplating a career in midwifery and providing an opportunity for reflection for more experienced midwives this thought provoking book is an invaluable contribution to midwifery

*Depressed Mother* Kath James, 1998-05-31 Depression in new mothers is very common but it is often not simply a case of the baby blues Most mothers are suffering from general depressive disorders related to their living and or social circumstances Examining symptoms and causes of general depression amongst mothers and its effects on mother infant relationships this book gives a comprehensive overview of the causes and effects of depressive disorders particularly in relation to mothers and their families It considers preventative measures including physical treatments and counseling Worksheets and projects for individual and group use are included The book aims to empower students to identify the client's needs prescribe treatment and provide help and support for the family

*Screening for Perinatal Depression* Carol Henshaw, Sandra Elliott, 2005-04-29 This much needed text provides guidance for health care professionals on the issues and controversies surrounding screening and on good practice in the use of

screening tests The role of the UK National Screening Committee is explored along with the problems faced when implementing screening programmes in developing countries

**Community-based Maternity Care** Geoffrey Marsh, Mary Renfrew, 1998-10-22 This important book makes the case for placing maternity care in the community It has been written by a multidisciplinary group The first section considers the role and function of the participants in community based maternity care the woman the midwife and the GP The second section discusses four major contemporary issues the radically changing social background the economics of care audit and education of the carers Next the major clinical challenges in maternity care are tackled how to reduce the differences in morbidity and mortality which are associated with differences in age social class and ethnicity the care of disadvantaged groups prematurity and low birth weight and their prevention technology used in childbirth and the fetal origins of adult disease Finally all aspects of the clinical care carried out by Gps and midwives are covered The editors hope that after reading this book midwives Gps and obstetricians should find the theory underpinning their work has been sharply defined and that their work will be more effective and evidence based The editors a GP and a midwife anticipate the resolution of the current tensions between midwife GP and obstetrician and look forward to a responsive effective and sensitive service for mothers and babies in the next millennium

**Mayes' Midwifery E-Book** Sue Macdonald, Gail Johnson, 2017-06-03 A new edition of a classic textbook fully updated to meet the needs of today's midwifery student Now available for the first time in full color the 15th edition of Mayes Midwifery has an enhanced artwork program and comes with an extensive website which provides 600 MCQs and wide selection of case studies and reflective activities a downloadable image bank assists with essay and assignment preparation New edition of a classic textbook updated and designed for today's midwifery student Chapters authored by experts in their field including midwifery academics and clinicians as well as allied professionals such as researchers physiotherapists neonatal nurse specialists social scientists and legal experts Evidence and research based throughout to help facilitate safe clinical practice Learning outcomes and key points help readers structure their study and recap on what they have learned Reflective activities encourage the application of theory to practice Contains practice based tools and checklists Presents and discusses the latest national and international guidelines Associated website with over 600 MCQs reflective activities to encourage the application of theory to practice case studies and additional learning tools Downloadable image bank to assist readers with essay preparation and other assignments Suitable for use in normal community and midwife led arenas high tech environments and more rural areas of clinical practice Brand new design incorporating helpful learning features aids reader engagement and retention of facts Updated artwork program helps clarify complex physiological processes and other challenging concepts

*The Psychology of Female Violence* Anna Motz, 2008 What are the causes of violence in women What can be done to help these women and their victims Why does society deny the fact of female violence This book explores the nature and causes of female violence from the perspectives of psychodynamic theory and forensic psychology This fully updated and expanded second edition

explores developments in research and services for violent women Recent high profile cases of female violence are discussed alongside clinical material and theory New topics include the Victoria Climbié Inquiry the controversy related to the diagnosis of Munchausen's Syndrome by Proxy Dangerous and Severe Personality Disorder in women and the impact of pro anorexia and pro bulimia websites New chapters address central clinical issues of working with women who kill and designing therapeutic services for women in secure mental health settings Other major topics include Women who sexually and physically abuse children Infanticide Fabricated and induced illness Self Harm The Psychology of Female Violence will be valuable to trainees and practitioners working in the fields of clinical and forensic psychology women's studies sociology psychiatric nursing social work probation counselling psychoanalysis the criminal justice system and criminology

**Post-Natal Depression** Paula Nicolson, 2006-06-19 Post Natal Depression challenges the expectation that it is normal to be a happy mother It provides a radical critique of the traditional medical and social science explanations of post natal depression by supplying a systematic feminist psychological analysis of women's experiences following childbirth Paula Nicolson argues that far from it being an abnormal undesirable pathological condition it is a normal healthy response to a series of losses Post Natal Depression makes an important contribution to the psychology of women and feminist research and will be of interest to psychologists social scientists nurses and doctors

**Clinical Psychosomatic Obstetrics and Gynaecology** Mira Lal, 2017-06-16 The interplay between mind and body is a rapidly developing area of Obstetrics and Gynaecology growing in prominence as many areas of medicine recognise the importance of understanding the physical mental and social aspects of complex conditions Clinical Psychosomatic Obstetrics and Gynaecology A Patient Centred Biopsychosocial Approach is the fundamental work facilitating the management of women's disease conditions resulting from psychosomatic or mind body interactions routinely encountered by clinicians Authored by a world renowned group of contributors who have led a transformative approach to the way services to women are approached Clinical Psychosomatic Obstetrics and Gynaecology comprehensively addresses the biological psychological social and cultural factors leading to disease manifestations Including methods for prevention detection and treatment the text is supported by thirty case studies taken from real life situations to support learning and guide clinical practice Detailed chapters expound the scientific basis of the clinical psychosomatic concept prevention of morbidity and mortality from cancer or obesity pregnancy and childbirth maternal dysphoria and child neurodevelopment pain perception infertility premenstrual disorders psycho oncology malignancy and sexual health illnesses in migrants and refugees alongside pertinent cultural issues This title is a highly topical and much needed guide to addressing clinical conditions that compromise women's health including that of teenagers as well as their mental and social well being



## Reviewing **Periantal Psychiatry Use And Misuse Of The Edinburgh Postnatal Depression Scale**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Periantal Psychiatry Use And Misuse Of The Edinburgh Postnatal Depression Scale**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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