

EDINBURGH POSTNATAL DEPRESSION SCALE

KEY

Response categories are scored 0, 1, and 3 according to increased severity of the symptoms.

The total score is calculated by adding together the scores for each of the ten items. Users may reproduce the scale without further permission providing they respect copyright (which remains with the British Journal of Psychiatry) by quoting the names of the authors, the title and the source of the paper in all reproduced copies.

The validation study showed that mothers who scored above a threshold 12/13 were likely to be suffering from a depressive illness of varying severity.

If you have completed all ten items and you have scored 12 and above, please contact our Pregnancy & Postpartum Mood & Anxiety Disorder Program for further evaluation: 847-755-3220