



6.2 Edinburgh Postnatal Depression Scale **Instruction Sheet**



PURPOSE STATEMENT:

Prenatal and Postpartum depression is the most common complication of childbearing. The Edinburgh Postnatal Depression Scale (EPDS) is a valuable and efficient way of identifying women at risk for perinatal depression.

TIMELINE:

The EPDS is completed twice. It is completed at the time of enrollment and again after the birth of the baby. The screening tool was designed to be used ideally around 6-8 weeks postpartum (i.e. after child's birth), and no earlier than two weeks postpartum.

STAFF RESPONSIBLE:

Services to Pregnant Women (SPW) Perinatal Home Visitor

INSTRUCTIONS:

- Complete the upper portion of the tool with the client's information.
- The enrolled SPW client reads through the EPDS and answers all questions as truthfully as possible based on how the client has been feeling in the past 7 days, not just the day that the EPDS is being completed.
 - Care should be taken to avoid the possibility of the mother discussing her answers with others. Answers should only come from the SPW client.
 - When applicable, use the Spanish version of the EPDS. If the mother does not speak English or Spanish, a translator will be used as needed.
- Once the SPW client has completed the EPDS, the Perinatal Home Visitor will review and score it. There is a maximum score of 30 points; 10 or greater may indicate possible depression.
- **A score of 1-3 in response to question #10 indicating possible suicidal thoughts requires immediate attention. Contact the Access and Crisis Hotline**



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at 1-888-724-7240 while you are with the client, and submit a CSQI Service Request for additional mental health support.

- If the total score is between 5-9 points, the Perinatal Home Visitor will discuss with the client whether there is a need for further assistance, offer support and education about postpartum depression, as well as monitor client behavior.
- If the total score is 10 or above, the Perinatal Home Visitor will provide a referral to the appropriate agency, such as the Postpartum Health Alliance and send a service request to the CSQI team for follow-up. Any referrals and follow-up must be documented in PROMIS and in the Progress Notes of Section 6 in the participant's file.
- EPDS is entered into PROMIS as a Mental Health Screening. File the document in Section 6: Mental Health of the participant's file.