

## Edinburgh Postnatal Depression Scale (EPDS)-3

Your name: \_\_\_\_\_

Date: \_\_\_\_\_

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.

1. I have blamed myself unnecessarily when things went wrong

- Yes, most of the time
- Yes, some of the time
- Not very often
- No, never

2. I have been anxious or worried for no good reason

- Yes, very often
- Yes, sometimes
- Hardly ever
- No, not at all

3. I have felt scared or panicky for no very good reason

- Yes, quite a lot
- Yes, sometimes
- No, not much
- No, not at all

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. Used with permission.

## EPDS-3 Scoring Guide

### Questions 1, 2 and 3

Are scored 3, 2, 1, or 0 with the top box scored as 3 and the bottom box scored as 0.

Total the scores for each question to get an overall score. The EPDS-3 has a total potential score of 9.

The EPDS-3 score is converted to an EPDS-10 score by multiplying the EPDS-3 score by 10 and dividing by 3. The EPDS-10 cut off scores are then utilized to assess the existence of depression.

In the EPDS-10, a score of 9 to 11 indicates potential depression and a score of >12 indicates a very high possibility of depression or probable depression.

**Thus a score of 3 or higher on the EPDS-3 may indicate the presence of depression, and further clinical assessment is required. A score of 6 or higher indicates a higher probability of depression.**

The EPDS-3 should be utilized as a screening tool only and validation by diagnostic interview for positive scores is necessary.

The EPDS-3 is the anxiety subscale of the 10 item EPDS. It has been shown to detect depression in new moms as effectively as the EPDS-10. In general, the EPDS-3 is more sensitive and tends to identify more moms as being potentially depressed than the EPDS-10. If the EPDS-3 is negative, then the likelihood of the EPDS-10 being negative is very high. If the EPDS-3 is positive, it is possible that the mom is just anxious not depressed, but further investigation is required.